



## **Drama Session Plan (1 Hour)**

*Before creating a session plan you should already have in mind the end of the terms project i.e. working towards a sharing event or a scary tour etc and how many sessions you have for that project.*

Date:

Session Number:

1. Check in - 'Whats News' and introduction/reminder of 'things I want to say' box (5 mins)

- A chance for the group to come together at the start of the session in order to share any news they may have and to check in with everyone.

2. Warm-Up / Icebreaker (10 mins) Purpose: To energize the group, build focus, and create a safe, playful atmosphere.

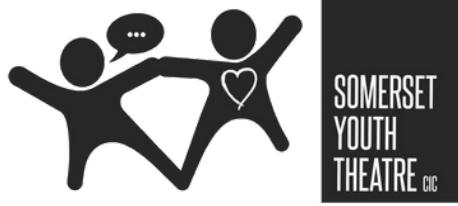
Example Activities:

- Name & Movement Circle
- Zip Zap Boing
- Pass the Energy
- Emotional Walks (walk around the space showing different emotions)

3. Main Activity 1 – Skill Development (15 mins) Purpose: Introduce or practise a specific drama skill (voice, movement, improvisation, characterisation, etc.)

Example Focus:

- Voice projection and clarity exercises
- Improvisation using "Yes, and..." technique
- Character exploration through physicality
- Instructions:
- Outline the activity step-by-step.
- Encourage participation and feedback.
- Reflect briefly before moving on.



#### 4. Main Activity 2 – Creative Exploration / Performance Task (20 mins)

Purpose: Apply skills in a creative context.

Example Tasks:

- Small group improvisations based on a prompt (e.g., "Lost in Time")
- Short devised scenes exploring a theme (e.g., friendship, change, secrets)
- Scripted scene rehearsal and short performance
- Facilitator Role:
- Circulate, guide, and prompt ideas.
- Encourage collaboration and risk-taking.

#### 5. Reflection & Cool Down (10 mins) Purpose: To calm energy and build closure.

Example Activities:

- Circle discussion: "One thing I learned / enjoyed / found challenging"
- Gentle physical cool down or relaxation exercise
- Short tableau or freeze-frame to summarise session

#### 6. Evaluation & Notes (For Facilitator)

- What worked well:
- What could be improved:
- Notable participant responses or moments:
- Plan for next session:

## Session Plan

Date: .....  
Time: .....  
Location: .....



Name (Class, Group or Project)

Date: .....

Age Range

Location: .....

Artist Facilitator Name:

Term Focus:

TIME	ACTIVITY	ACCESS & INCLUSION	RESOURCES	NOTES
5pm		**you may want to refer to SYT's activity sensory audit to support consideration of how to meet needs**	**ie pens, paper, fidgets, ear defenders, fruit, overlays, handouts, speaker**	**use this space to set reminders, or take note into the next session**