



Exploring Identity

Sample Lessons K-5th

Through theater games and activities, students will explore concepts of identity by:

- Creating characters with differing needs
- Mask play to embody characters
- Sharing aspects of their identity or an identity that they admire

Explorative Questions Examples:

1. What is an identity/ a positive identity?
2. How can our environment affect identity?
3. How can we develop a positive identity?
4. How can we respect each other's differing needs?

Sample Activities

I like...K-5th)

Students take turns expressing positive parts of their identity, exchanging places with others of the same qualities. This game builds community and allows students a chance to develop confidence in their own personal identity.

Limited Props/Character

Students receive props and develop a character with given props. They then introduce their characters and create mini communities. This activity explores aspects of identity and teaches empathy.

Mask Play

After exploring emotions silently, students make a character mask of their favorite emotion, they then create mini stories with their characters.