



## **Lesson #2**

One-day workshop on exploring your abilities

### **Goals of the students**

**To begin to develop or strengthen self-confidence in the performers**

**To begin to create an ensemble piece of theater**

**To begin to develop a young person's ability and help that child discover that there are abilities to be found in a disability.**

**This proposal is for a four and one half hour workshop (In reality this is only a three-hour workshop because we will take a ten minute break at the end of every hour). This workshop is a beginning point to help this students/ young artist understand that each and every one of them has abilities that go along with that disability**

### **First Hour**

**The young artists will brainstorm ideas or situations that have occurred in their lives that have directly affected them because of their disability. The students will think out loud and the instructor will record their thoughts**

### **Second Hour**

**After situations have been shared, students will take their story and act it out for the other members of the group. Each of the members will take part in the acting out of the story. After each story has been told, the group will sit down and look at each of them and try to find similarities. After the similarities have been found, the students will then start to create a story arch.**

### **Third Hour**

**The students will now take the story arch that they have created and begin to get on their feet and create this ensemble piece of theater using these personal stories that they have expressed as inspirations to the piece.**

### **Last half-hour**

**The students will share with friends and family their piece of theater.**