

# Shake it Off

## The Spaghetti Game

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**Time Needed:** 15-20 minutes

**Arts Focus:** Theatre

**Age Range:** 5-8

### Mini-Lesson Description:

In this theater game lesson, learners will practice taking on different emotions and characters, with the option to shake them off in a Spaghetti Dance Party.

### Key Concepts:

Emotions; Creating; Characters; Entering and exiting a stage; Dancing together.

### Materials Needed/Prep:

- A clear open space for your Stage (any clear space will do). Establish a point as 'Center Stage' and establish the edges of your Stage so you are able to stand 'Off Stage'.
- Paper
- Writing utensil
- Container to mix paper strips in (a bag, a hat, a kitchen pot, etc.)
- Scissors are optional

### Step-by-Step:

#### PREPARE WORDS

1. Cut or tear up a piece of paper into strips. Write one word on each strip. The words can be emotions, states of being, and/or characters. Some suggestions are: disappointed, angry, confident, sneaky, brave, shy, thirsty, cold, worried, superhero, supervillain, serious, silly. Mix the strips of paper in a hat, bag or other container.
2. On one strip of paper, write the words "Spaghetti Dance Party."
3. Any number of learners can play this game, including adults! Below are directions for two players, but the game works just as well with a group.

#### PLAY THE GAME

4. Players stand Off Stage facing each other, taking turns on Stage and being the Caller.
5. When it is your turn on stage, do four things: (1) Enter the Stage (2) Get to Center Stage (3) Deliver this one-word line: "Spaghetti" (4) Exit Off Stage.
6. The Caller draws a slip of paper from the mix and reads the word on the paper out loud.
7. The other player takes their turn on Stage doing the four actions above while embodying the word on the paper.
8. Remind the player to use their entrance, exit, and whole body. Fill your body with the word that is on the paper!
9. Spaghetti Dance Party: When the Caller draws the "Spaghetti Dance Party" paper, all players (including those Off Stage) turn into dancing noodles. Shake your spaghetti while chanting, "*Spaghetti! Dance Party! Spaghetti! Dance Party!*" Put a noodle in your right arm, your left arm, your right leg, your left leg, your nose, your toes, your fingers, your whole body. Let your noodles shake!
10. Take papers out of the mix as you use them, except for "Spaghetti Dance Party" so there is always the chance of a Spaghetti Dance Party.
11. Take turns entering the Stage and being the Caller until all the papers have been called.

### Variations and Next Steps:

- The Caller calls a word and everyone enters the Stage to deliver their Spaghetti lines as a group.
- For developing readers: Instead of putting words on the paper, try images and icons. Alternatively, instead of writing words down, the Caller can verbally call out whatever word comes to mind (and always has the option of calling for a Dance Party!).
- For younger learners: Take out the Spaghetti line and ask them to say the word or image that is on the paper instead, while using the whole body to express it.