



Students Together Against Negative Decisions

# ACTING OUT

**Activity Purpose:** To introduce students to improvisation techniques for future role plays and to increase students' comfort level in acting in front of peers.

**Youth will:**

- Describe the importance of improvisation and role playing in health education.
- Describe an increased level of comfort when improvising or role playing.
- Describe and increased sense of bonding and unity with other peer advocates.

Activity Outline	Core Content Components	Instructional Method	Timing
<b>1</b> Welcome & Overview	<ul style="list-style-type: none"><li>• Review Session 2</li><li>• Introduce Today's Session</li><li>• Words of Wisdom (WOW)</li></ul>	<ul style="list-style-type: none"><li>• Large Group Discussion</li><li>• Mini-Lecture</li> <li>• Cultural Teaching</li></ul>	5 minutes
<b>2</b> People, Places, and Things	<ul style="list-style-type: none"><li>• Introduce Activity</li><li>• People, Places and Things Game</li></ul>	<ul style="list-style-type: none"><li>• Mini-Lecture</li><li>• Small/Large Group Game</li></ul>	30 minutes
<b>3</b> Closing	<ul style="list-style-type: none"><li>• Q&amp;A</li><li>• Preview next session</li><li>• WOW Reflection</li></ul>	<ul style="list-style-type: none"><li>• Large Group Discussion</li><li>• Mini-Lecture</li><li>• Cultural Teaching</li></ul>	15 minutes

### Materials:

- Question Box (QB)
- People, Places and Things cards (Facilitator Resource 3.0)
- Scissors
- Colored Paper (green, red, yellow colors)
- Note Cards

### Preparation:

- Review the People, Places and Things card and decide if you want to substitute some local people, places or things for the ones that are there.
- Review Question Box Questions and prepare answers.
- Copy People, Places, and Things cards onto different colored paper.
- Cut out and place in three separate piles by card category/color.
- Display Words of Wisdom on white board for flip chart paper.



# 1. Welcome & Overview

5 minutes, Large Group Discussion

## Review Session 2

- Remind Students about what they did in the last Session 2: Team Building: Man in the Maze Activity.
- Answer any questions in the QB.

## Introduce Today's Session

- In some parts of Native STAND, we will act out certain scenarios. We do this so we can experience certain situations and practice how we might respond.
- Sometimes we will follow a script, but sometimes we will improvise. What does it mean to improvise? Has anyone ever seen an improv comedy show or played charades?
- Play sample video clip of improvisation from a show or YouTube (ex. who's line is it anyway).
- Today we are going to try doing improv, for some of you it might be new and others may have done it before. We'll do the best that we can at this, there is no right or wrong way, but we're all trying this together.

## Read today's WOW



*You, whose day it is, make it beautiful. Get your rainbow colors, so it will be beautiful.*

- Nootka song to bring fair weather



## 2. People, Places & Things

30 minutes,  
Small Group Activity

### Beforehand

- Review the facilitator note on Persons, Places and Things cards. If you have local people, places or things that you would like to use, feel free to swap out some or all of the ones provided.
- Cut out or write on note cards People, Places, and Things cards and place them in three separate piles. (Option: copy cards from each category onto different colored paper.)
- Color code your cards to keep them organized between classes. Ex. Green=People, Red=Places, Yellow=Things. These cards can also be laminated to keep them looking nice between classes.

### Facilitator Note

Review the People, Places & Things cards and customize to your region, local area, tribe, or anything to make them more familiar to the youth in your area. Some examples may include:

**People:** Could be tribal elders, famous tribal leaders or famous native people that youth would know.

**Places:** Could be sacred places, a community specific place, etc.

**Things:** Could be the tribe's artistic crafts, etc.

## Activity

- Let students know that this activity is a little silly, and remind them of their group agreements and the importance of supporting each other and treating each other with respect.
- Throughout the curriculum, there will be many times when they will have to act things out or be silly. It's important to try the activity and do your best. Most people get more comfortable over time with more practice.
- This process of acting out scenarios and building improv skills will help us learn to deal with situations that we may come across in our daily life. Improv helps us learn to think on our feet and make quick decisions, work together and communicate with each other.
- Refer back to the video clip to remind them of how it might look. Remind students that when you are watching a show or movie, there is a setting (Place), characters (People), and props (Things), so their stories or skits should have these things too.
- Consider grouping one extroverted youth with two introverted youth. Each team draws one card from each pile (e.g., People, Places, Things). The teams have 5-8 minutes to come up with a short skit or story to try and convey what their Person, Place and Thing is without using the actual words on the cards. You might include instructions that youth will have 1-3 minutes to present their skit to the group. And give a timer reference (e.g. there is a clock on the wall or on the screen, etc.). Some students may not want to speak, give them the option to not have speaking role, but they have to participate in another way to support their group.
- Once the planning time is up, ask for each of the groups to volunteer to present their skit or story. Tell students to make a note of some positives for each group and we'll share these after all of the groups have gone and what their guesses are for People, Place, and Thing.
- Make sure each group lets the performing group complete their 1-3 minute skit.
- Once everyone has finished presenting their skit, have each group reveal what their People, Places, Things were.
- Option: Play for points or team pride. If a team guesses any of the three they get one point. (So when each team presents, there are three points that can be won.) The team with the most points at the ends wins a small prize.

### 3. Closing

15 minutes, Large Group Discussion

- Debrief Activity
  - Ask students to share their opinions about the activity. How did it feel to perform your skit? What did you like about the experience?
  - Why do you think we did this activity today? (e.g. to have fun, to team build, to practice improvising, to get comfortable doing and saying things that may be awkward for us, testing the safety of the group).
  - What did you learn today that you want to try again when we do this type of activity in the future?
  - How would practicing improv activities like this help you in your life?
- Remind students to submit a question or note into the question box.
- Preview next session: Culture and Tradition: In our next session, we're going to talk about the role that culture and tradition play in the lives and wellbeing of Native Youth.
- Ask a student to Read WOW. Ask if any students have thoughts or reflections to share about today's session or WOW.

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- Nootka song to bring fair weather

- Thank the students for their participation today.

**Native  
STAND**  
*Students Together Against Negative Decisions*

## Facilitator Resource 3.0:

### People, Places, and Things Cards

**Instructions:** Customize the cards below to your region, local area, tribe, or anything to make them more familiar to the youth in your area. Some examples may include:

**People:** could be tribal elders, famous tribal leaders or famous native people that youth would know.

**Places:** could be sacred places, a community specific place, etc.

**Things:** could be the tribe's artistic crafts, etc.

# PEOPLE:

Famous Musician, Singer or Rapper

The Tribal Chairman

A Tribal Elder

An Influencer

Santa Claus



# PLACES:

The Desert

The Pow Wow

School

Grand Canyon

Rollercoaster

Taxi

Alley

Moon

Underwater

Beach

# THINGS:

Rusty Nail

Basket

Neon Light

Trophy

Surfboard

Hammer

Book Of Poetry

Drum

Phone

Guitar