**4-Week After-School Theatre & Storytelling Workshop (Ages 13–18)**

**Workshop Title: "Voices in Motion: Storytelling on Stage"**

**WEEK 1: FINDING YOUR VOICE & STORY**

**Theme:** Self-expression, storytelling fundamentals, and trust-building

**Session 1: Welcome to the Stage**

* **Warm-up:** Name & gesture game
* **Icebreaker:** “Two Truths and a Tale” – share two true things and one fictional story
* **Mini-Workshop:** What is a story? (Character, setting, beginning–middle–end)
* **Activity:** Story Circle – tell a 1-minute personal story (prompt: “A moment I felt brave”)
* **Closing:** Group reflection (thumbs up/middle/down) & journaling prompt

**Session 2: Theatre Games + Story Seeds**

* **Warm-up:** Zip-Zap-Zop & Mirror Work
* **Creative Play:** Emotion Statues (freeze in response to prompts like "joy," "anger")
* **Activity:** Group storytelling using “Story Stones” or picture cards
* **Mini-Workshop:** Improv storytelling – "Yes, and…" technique
* **Closing:** Students start thinking about a personal or fictional story to develop next week

**WEEK 2: CHARACTER & MOVEMENT**

**Theme:** Embodying stories through movement and performance

**Session 3: Who Am I on Stage?**

* **Warm-up:** Animal Walks – explore movement inspired by animals
* **Activity:** Create a character based on a favorite object or emotion
* **Mini-Workshop:** Voice & posture – how voice, tempo, and body tell a story
* **Creative Practice:** Short improvised character monologues (1–2 mins)
* **Closing:** Pair share & group appreciation circle

**Session 4: Scene Building**

* **Warm-up:** Machine Game (group creates a sound/movement machine together)
* **Activity:** Small groups create short scenes from scratch (fun prompts provided)
* **Mini-Workshop:** Blocking basics – learning how to move with intention on stage
* **Closing:** Groups share scenes-in-progress, offer positive feedback

**WEEK 3: STORY SHAPING & REHEARSAL**

**Theme:** Crafting original stories and preparing for performance

**Session 5: Draft Your Piece**

* **Warm-up:** “Walk the Feeling” – walk across the room expressing different emotions
* **Workshop:** Choose your story – students select their own story idea (personal or fictional)
* **Creative Time:** Individual or small group scripting (guided by mentor/teacher support)
* **Closing:** Partner share – read your draft aloud and receive supportive feedback

**Session 6: Directing & Rehearsing**

* **Warm-up:** Tongue twisters + group breathing
* **Activity:** Rehearsal stations (voice work, blocking, pacing)
* **Mini-Workshop:** Expressing story through voice, silence, and gesture
* **Rehearsal:** Each student or group begins practicing their performance piece
* **Closing:** “One word” check-in: everyone shares one word that describes how they feel

**WEEK 4: SHARING OUR STORIES**

**Theme:** Confidence, performance, and community

**Session 7: Final Rehearsal & Feedback**

* **Warm-up:** Group circle: “What does courage look like?”
* **Dress Rehearsal:** Each student/group performs their piece
* **Feedback:** Kind and constructive notes from peers and facilitator
* **Optional Activity:** Design a simple prop, costume piece, or backdrop element
* **Closing:** Positive affirmation circle – “I am proud of…”

**Session 8: Showcase & Celebration**

* **Warm-up:** Visualization & breathwork
* **Performance Time:** Share pieces with invited guests (friends, family, school staff)
* **Reflection:** Group discussion on what they learned or enjoyed most
* **Celebration:** Certificate presentation, music, and treats
* **Takeaway:** Students receive a small journal, keepsake, or storytelling prompt deck

**Optional Materials:**

* Journals
* Costumes/props box
* Sound system for music/sound effects
* Story cards or image prompts
* Certificates of completion