

CREATIVE WELLBEING

**CREATIVE VIDEO
WORKSHOPS FOR SCHOOLS
WITH SITA THOMAS
KEY STAGE 3**

SHARING OUR STORIES

LEARNING OUTCOMES

Students know:

- How to talk about their emotions accurately and sensitively, using appropriate vocabulary

LEARNING OBJECTIVES

Students will:

- Write about their emotions, recognising situations that they experienced different emotions
- Learn how to turn real people's experiences of mental health and wellbeing into a piece of 'verbatim drama' through carrying out interviews, editing this into a script and performing it

RESOURCES

- Video Workshop: Sharing Our Stories(KS3)
- Pens/Pencils
- Paper
- Tablets/smartphones(optional)
- Additional mental health and wellbeing info can be found at: <https://www.time-to-change.org.uk/> and <https://youngminds.org.uk/>

LESSON PLAN

NOTE ON THE PLAN

You may decide your students need to research their topic, mental health and wellbeing, before they interview their partner. If so, split this workshop over more than one lesson.

Instructions are on screen in the video.

Pause the video at each instruction while your students complete the task.

WARM UP | 5 MINS

1. 'Free-Write' for one minute about a time in your life that was difficult. Keep your pen to the paper for a whole minute.
2. 'Free-Write' for one minute about a time where you felt strong and powerful.

ACTIVITY | 5 MINS

Discuss: What is Verbatim theatre?

ACTIVITY | 15 MINS

1. Write down a list of 5-10 questions to ask a partner about the topic of mental health and wellbeing. Make sure you choose 'open' questions.
2. Interview a partner to find out about their story. You could record your interview on a smartphone or tablet.
3. Once you're finished, swap over. Remember to be a supportive listener.

ACTIVITY | 10 MINS

Edit your interview into a speech or a monologue choosing the best lines and moving sections if necessary.

PLENARY | 10 MINS

Practice your piece out loud, and perform your Verbatim Dramas to the class.

EXTRA CHALLENGE

Make another verbatim drama about a partner's free-writing exercise about a time they felt strong and powerful. Try using the recorded delivery technique this time, listening to the interview through headphones whilst performing.