

## Play-Drama-Dress-Up



[Play-drama-dress-up](#)  
[Play, drama & artistic expression for youth](#)

### Rationale:

Providing an area for Play-Drama-Dress-Up is often 'common practice' in the younger grades as students have 'play time' integrated within their day. However, having opportunities for Play-Drama-Dress-Up are beneficial at all ages as they provide a venue to express one's emotions in a less vulnerable way and within the context of a 'role or character' which allows one to express with intensity without being constrained to being socially appropriate. Extravagant faces and voices are expected and appreciated in Play-Drama-Dress-Up! Even our youth enjoy playing various characters and expressing their emotions through acting. Improvisation can help them practice a variety of situations and learn how to respond quickly to challenging events. Dramatic play lets our students explore their thoughts and feelings through a creative presentation. Props provide a veil and help reduce vulnerability as they set the stage for expression. Venting frustrated energy will help reduce their internal emotional tensions. While having fun, students can start to learn to control impulses, better manage emotional responses, and navigate conflicts.

### Benefits:

- Gives students an emotional outlet.
- Provides terrain to work through challenging emotions and situations.
- Gives us insight into how they "see" their world.

**For whom:** All students but especially those who have difficulties expressing their emotions. Students who keep it all in. Those that are going through a lot at home and don't easily share personal details.



**Material suggestions:**

- Towels or small blankets (great for capes)
- Puppets
- Glasses, goggles
- Costume jewelry
- Plastic colander (good hat or helmet)
- Range of dress up clothes & hats
- Different types of footwear
- Scarves & shawls
- Phones
- Brooms, duster
- Purses, backpacks
- Binoculars, cameras
- Aprons, jackets, vests

**Dramatic play kits (free downloads):**

- <https://www.teacherspayteachers.com/Product/Dramatic-Play-Centers-for-the-entire-YEAR-100-FOLLOWER-LIMITED-TIME-FREEBIE-798956>
- <https://www.teacherspayteachers.com/Product/Fairy-Tale-Drama-Circle-Activity-278391>
- <https://www.teacherspayteachers.com/Product/Improv-Game-Cards-7425302>
- <https://www.teacherspayteachers.com/Product/Medieval-Themed-Script-for-Readers-Theater-Short-Play-or-Puppet-Show-3744297>
- <https://www.teacherspayteachers.com/Product/Pet-Vet-Animal-Hospital-Dramatic-Play-1680944>



**Caution Elements:**

- We encourage unstructured dramatic play.
- Students have the freedom to choose their own roles and scenarios.
- We can provide scenes, a script or action cards to stimulate ideas.
- Do not correct students. There are no wrong “ways” in this play.
- There are no gender associations or role associations.
- All is accepted, it is play!