

LESSON 16: MIME ACTIVITIES

Background

In this lesson, you will add action to the foundation of MIMEing and gesturing time that you built in the previous lesson. Remember that when people plan a task, they first MIME it: They do a mental dress rehearsal of how the task or event will go.

- M** **M**ake an Image: What Will It Look Like?
- I** What Will **I** Look Like?
- M** How Am I **M**oving?
- E** **E**motion: How Will I Feel?

In the theater, on the day of the dress rehearsal, actors wear the actual costumes and use the actual props they will wear and use in the show. This gives them a chance to practice how they will act in different scenes and to make sure that the props work as expected. If there are glitches with their costumes or props, the dress rehearsal allows them to problem-solve and make changes before opening night. Similarly, in team sports, athletes walk through their game plan and specific plays, and they will adjust and make changes if they encounter potential problems before using these plays in the real game.

MIMEing a future task or activity will help you to plan the steps involved, imagine consequences and outcomes, and anticipate and avoid some potential problems. Adding gesture to your MIMEs will make them even more effective.

Directions

DONE (the goal)

In this lesson, you will learn how to be a “mind MIME.” You will start by MIMEing and gesturing simple tasks; then you will gesture a sequence of actions within a time frame; and finally you will learn to plan by MIMEing and gesturing the actions and subtasks involved in more complex tasks. MIME and gesture will help you to more accurately plan your tasks, avoid some potential problems, and stay on track throughout your day.

DO (the steps you will take)

For each scenario, be a mind MIME: Do a mental dress rehearsal and make a picture in your mind of yourself doing the activity.

Activity 1: Gesture Simple Tasks

- In these scenarios, you will act out or gesture your mental MIMEs of the specific actions listed. Make your MIMEs and corresponding gestures as clear as possible. For example, you might gesture “eating hot soup” differently than you would gesture “eating cold cereal,” and you might gesture “eating French fries” differently than you would gesture “eating a hot dog.”

Activity 2: Gesture a Sequence of Actions Within a Time Frame

- In these scenarios, you will learn to MIME and gesture the subtasks involved in each listed task while also being aware of how much time you have available.

Activity 3: Gesture a Plan

- For each listed task, imagine the steps you might take to complete the task and MIME how you would carry out those steps over time. Use gestures to help you see and feel how long each task will take.

Eating breakfast



GET READY (the materials you will need)

- Working clock or clock image

Activity 1: Gesture a Simple Task

Eat a bowl of cold cereal	Eat a bowl of spaghetti	Eat a bowl of hot soup
Eat grapes from a bowl	Eat a bowl of salad	Eat a bowl of ice cream

Activity 2: Gesture a Sequence of Actions Within a Time Frame

For each item, you will not just gesture a single action but you will also MIME and gesture the whole situation. You will show with your hands how you would move to different spaces and carry out sub-tasks in order to complete the whole task during the volume of time that is pictured.

Wash my face



Wash the counter



Wash the car



Wash the kitchen sink



Wash the window



Wash the dog



Brush my teeth



Make my bed with clean sheets



Get books from my locker to be ready for my next class



Clean and straighten up my bedroom



Sweep the kitchen floor



Pack up my backpack to go to school



Activity 3: Gesture a Plan

For each item, MIME and gesture the whole situation. Look at a clock or clock image to help you see and feel the volume and movement of time as you picture yourself carrying out subtasks and moving through different spaces to complete the whole task.

Preparing to leave the house for an activity (sports game/theater performance/ academic competition)	Setting the table
Making a poster	Gathering materials for a day trip (to the beach/skiing/water park)
Cleaning/organizing (backpack/bedroom/living room)	Reading a book and choosing a creative way to show the setting of the book for a homework assignment