

Lesson 6:

# REHEARSING, REFINING, AND GETTING READY TO PERFORM

## Overview:

Today is all about getting comfortable on stage! Kids will warm up with a cheesy joke challenge, practice using stage tools (like a microphone or open space), and refine their comedic storytelling performances using the ISG structure (Introduction, Story, Goodbye).

They'll focus on building a strong stage presence, giving and receiving feedback, and learning how to feel confident—even when they're nervous.

## Objectives:

- Practice delivering lines on stage using voice, movement, and timing
- Explore and apply the elements of stage presence
- Rehearse performances using the ISG format
- Reflect on performance readiness using peer and self-feedback
- Use the Comedic Storytelling Rubric to assess progress

## Materials Needed:



Student Notebooks  
or Seed Notebooks



Sticky  
Notes



Cell phones or  
tablets for video  
recording *(optional)*



Cheesy Jokes  
(pre-cut strips or  
printed handout)



Comedic Storytelling  
Rubric *(1 per student)*



Two-Star and A Wish  
Feedback Handout

## Part 1:

# MINI-LESSON – CHEESY JOKE WARM-UP & STAGE PRESENCE

## 1. Review - What is Stage Presence?

- What makes someone great on stage—even if they're nervous?
- Post these Key Stage Presence Elements and discuss each:
  - Posture – Stand tall, don't fidget
  - Eye Contact – Look at the audience, not the floor
  - Voice – Be loud and clear enough to be heard
  - Pacing – Don't rush—pause for laughs or dramatic effect
  - Facial Expression – Match your mood to your story
  - Movement – Use hand gestures or the stage if it fits your story

Remind kids - You don't need to be loud or dramatic to have stage presence. You need to be clear, connected, and confident in your own way.

## 2. Cheesy Joke Challenge

Before we jump into rehearsing, let's warm up! Comedy is all about delivery—so we're going to practice that with some seriously cheesy jokes.

- Hand out one pre-cut or slip-per-kid joke.
- Give kids a minute to read and silently rehearse their joke.
- Invite each kid to come to the front, introduce themselves, and deliver the joke using the ISG format (yes, even for a cheesy joke!).
- Encourage the audience to clap and laugh loudly after each one.

## 2. Sticky Note

- Kids pair up and answer this question:
  - What helps a performer seem confident—even if they're nervous?
- Each pair writes 2–3 ideas on sticky notes and posts them to a class "Stage Presence Wall."
- Review and group ideas with the class. Prompt deeper thinking if needed.



## Part 2:

# WORKSHOP TIME – PRACTICE & PEER REVIEW



## 1. Guided Practice – Rehearse in Trios

- Break into groups of 3
- Each kid performs their story using the ISG format
- (Optional) Record the performance using a phone or tablet
- After each performance, group members give Two Stars and a Wish feedback, focusing on:
  - Use of ISG
  - Stage presence
  - Delivery and pacing
  - Encourage positive, specific feedback like:
    - “I liked how you paused after the funny part—gave us time to laugh.”
    - “You made great eye contact with the audience.”

## 2. (Optional) Independent Practice – Watch and Reflect

- Kids watch their recorded performances and fill out a self-evaluation using the Comedic Storytelling Rubric, focusing on:
  - Stage presence
  - Comedic delivery
  - Use of structure (ISG)
- Seed Notebook Reflection Prompts:
  - What did I do well on stage?
  - What felt awkward or rushed?
  - What do I want to improve before the final performance?



## Part 3:

# REFLECTION AND CONFIDENCE BOOST

- Group or partner discussion:
  - How can I prepare so I feel calm before I perform?
  - What tricks or strategies help performers manage nerves?
  - What’s one thing I’m proud of about today’s performance?
- Encourage kids to write one confidence booster in their notebook:
  - “Next time I perform, I will remember to...” (e.g., breathe deeply, slow down, smile at the audience)

## Extend:

**At home, kids should practice their performance 3 to 5 times, either in front of a mirror, family, or friends—utilizing ISG and projecting a strong stage presence. Encourage kids to watch a short stand-up clip and reflect on how the performer utilizes space, timing, and voice.**