

Annex 1: Improvisation Game “The Restaurant”

Source:

“Understanding Cyberbullying – Virtual vs. Physical Worlds” at http://mediasmarts.ca/sites/mediasmarts/files/lesson-plans/lesson_understanding_cyberbullying_virtual_physical_worlds.pdf

Pick two students to play the game. One student is the Waiter, who must try to "serve" a meal to the other student, the Customer. Don't tell the class or the Waiter anything else about the game. Quietly tell the Customer his/her "trigger": a common word or action that will make him/her react with a particular emotion - anger, sadness, fear, etc. – if the Waiter does it.

Here are some suggested triggers:

- Saying the word "Restaurant"
- Looking directly at him/her
- Touching or covering his/her shadow
- Nodding
- Saying a number
- Saying a colour
- Saying a sentence with an even number of words

The Waiter's job is to try to play out the scene for a certain amount of time (two or three minutes is suggested; it can be shorter if students have little experience with drama games or longer if they have done them before) without triggering the Customer's reaction three times – on the third reaction the game is over.

Once the scene has been played through, ask the Waiter how it felt to play the game (most likely, baffling and frustrating). Ask if s/he or anyone else figured out the "hidden rule" of the game and, if no one did, explain it to the pupils.