

SPOTLIGHT SESSIONS | ACTING



Spotlight Station is where campers step beyond rehearsal and into deeper discovery. During this rotation, they engage in creative activities that help them explore their showcase content from new angles—whether through movement, storytelling, character work, or personal reflection.

It's a chance for students to take bold, creative risks, make meaningful choices, and see how their unique voice shapes the story they're telling. Whether they're diving into lyrics, embodying a character, or experimenting with movement, every activity is designed to stretch comfort zones and build confidence.

At K2K's VISTO Camp, we believe theatre is more than performance—it's a pathway to identity, belonging, and purpose. Spotlight Station reflects that heart by encouraging students to express themselves fully, explore big ideas, and grow as both performers and individuals.

GO THE DISTANCE!

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Go The Distance - Hercules (Camp Song)

Hero's Journey - Campers script and perform a condensed hero's journey, with clear trials and transformation. Reinforces story structure, character development, and symbolic perseverance.

Training Montage Skit - In a humorous scene, campers act out over-the-top training routines in exaggerated slow motion. Teaches body control, comedic timing, and resilience.

Voice of Doubt - A dual-role activity in which one camper acts out the inner struggle of doubt vs. determination. Builds emotional intelligence and explores internal conflict.

Courageous Choices - Campers face decision-based improv scenes (e.g., tell the truth, help a rival). Building good choice making and bravery under pressure.

"One More Try" - A camper repeatedly fails a task (e.g., hitting a note, building something) but is encouraged by peers until success. Reinforces growth mindset and emotional vulnerability.

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Reach - S Club 7 (Camp Dance)

Purpose Parade - Campers step into the spotlight one at a time to declare a purpose—real, imaginary, or playful—using expressive gestures, emotion, and voice. This activity builds confidence, public speaking, and self-awareness while connecting each camper's individuality to a larger purpose. Can we done in crews rather than section to give campers more opportunity to share. *Leaders may want to share an example to get the ball rolling

Climb the Ladder - In this physical storytelling challenge, campers create symbolic "ladders" of obstacles and success. Scenes include literal or metaphorical rungs they must overcome, reinforcing perseverance, resilience, and symbolic thinking.

Dream Job Interviews - Campers take on exaggerated roles (e.g., volcano explorer, underwater mayor) and improvise interviews about their dream careers. They build communication skills, imagination, and tie into purpose by exploring how our dreams shape our direction.

Purpose Pairs - One partner plays a dreamer, the other acts as their inner voice of doubt or encouragement. This roleplay sharpens emotional awareness, empathy, and illustrates how support systems shape our pursuit of purpose.

Invisible Rope - A metaphor-in-motion activity where campers act as though being pulled by an invisible rope toward their calling. They act out resisting, chasing, or helping others follow the same rope—promoting creative movement and visual symbolism for inner drive.

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I Can See Clearly Now - Johnny Nash (Olio)

Weather Scene - Create a metaphorical storm-to-sunshine transformation using emotion, props, or mime. Encourages metaphorical thinking and group coordination.

Cloudy to Clear Monologues - Personal reflections starting in sadness or confusion and ending in clarity. Supports vulnerability, emotional journey, and hope.

Sunglasses Scene - Put on some red VISTO sunglasses and “see the world differently.” Act out a scene showing the power of a positive mindset. Builds empathy and perspective.

New Day Freeze - Play with creating a series of frozen pictures that symbolize hope (e.g., waking up, hugging, sunlight). Enhances physical expressiveness and group tableaux. Could start with given prompts and then give the campers some time to think of their own prompts as well.

Dance It Out - Improvise a silent monologue into a joyful dance. Encourages emotional release and physical storytelling. Have other campers try to guess afterward what was happening in their story.

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Born Ready - Dove Cameron (Parlando)

Confidence Challenge - Make the room your catwalk! Have campers walk through the space and make a bold first impression. Helps to develop stage presence and courage and to understand the importance even in how we walk into a scene.

Backstage Pep Talk - Create scenes where one character boosts another's confidence. They must have the phrase "Born Ready" somewhere in their scene. Helps to reinforce compassion and verbal encouragement in an industry that can be otherwise discouraging.

"What are you doing?" Acting exercise where one character performs a gesture and the person beside them asks what they're doing- the first person will then tell them something completely random (not at all what they're doing) and the second person acts out that new gesture. Encouraging campers to be 'born ready' even when life doesn't go the way they maybe expected it to go.

Power Pose Scene - Have campers deliver lines of the lyrics in a superhero-like stance. Help them Boost their confidence, physical control, and vocal projection.

Ready vs. Not Ready - Two campers perform same scene: acting as one prepared, one not. Reflects the value of preparedness and effort.

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My Lighthouse - Rend Collective (Bombershay)

Lost & Found Monologues - Reflect on a moment of confusion followed by finding direction (can be done seriously or comedically). Encourages introspection and storytelling.

Storm Scene - Group acts out a journey through a literal or figurative storm. Emphasizes ensemble work and metaphor.

Lighthouse Keeper - One camper plays a lighthouse, guiding others through fog. Can use blindfolds as a prop, and perhaps when a camper 'arrives' at their destination they remove their blindfold. Emphasize how we are lead by God in our lives, even when we can't see him. Highlights leadership and support.

Flashlight Tag - Act out scenes lit only by a moving flashlight beam. Campers will take turns being the ones acting or being the ones lighting their friends. Develops focus and creative staging.

Guiding Light Monologue - Campers write and perform short monologues from the perspective of a lighthouse keeper, a lost traveler, or even the lighthouse itself. Each monologue explores the idea of guiding others, finding your way, or being a beacon for someone else.

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Extras

The following Spotlight Session activities revolve around the biblical content for the week. Incorporate them into your week to strengthen the understanding of the stories campers are learning.

Basket Boat Mime (Exodus 2:1-10 – Miriam Saves Moses)

Campers silently act out the story of Miriam helping save her baby brother Moses by hiding him in a basket in the Nile. Focus on gestures of care, courage, and quiet protection as they act out the journey from hiding to discovery. Demonstrates how purposeful action, even by a child, can change the course of history.

Royal Entrance (Esther 4-5 – Esther's Courage)

Campers create short scenes showing what it might feel like to be Esther—standing up for others even when it's hard. They can also imagine modern-day versions of Esther's bravery, such as sticking up for a friend or speaking out when something's wrong.

Teaches how standing with purpose and courage can impact communities and bring justice.

Wall Builders Relay (Nehemiah 2-6 – Rebuilding the Wall)

Campers use their bodies to form “bricks” and construct a wall across the room. Each crew adds one person at a time, using strength, balance, and teamwork to complete their structure using creative poses. They reflect on what it takes to build something that lasts.

Young & Bold Monologues (1 Timothy 4:12 – Don't Let Anyone Look Down on You for Being Young)

Campers write and perform motivational speeches or short monologues about being young and brave—what they can do now, not just when they grow up. These can be funny, serious, or poetic. Reinforces that youth is not a limitation—God uses young people with bold purpose every day.

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Purpose Pathway Freeze Frames (Thematic Reflection)

Choose a meaningful lyric from one of the week's songs (such as "Go the Distance" or "My Lighthouse"). Campers reflect on what that lyric means and create a series of freeze frames that tell a visual story of their own path or purpose.

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