

# SPOTLIGHT SESSION | 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 for each individual to grow in their understanding of who they are, where they fit in and their purpose.

Spotlight Stations reflects that heart by encouraging campers to express themselves fully, explore big ideas, and grow.

**UNIQUELY ME!**

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## You Say - Lauren Daigle (Camp Song)



**Truth Toss-** Campers sit in a circle and toss a soft ball to each other. When someone catches the ball, they say a short truth about themselves or someone else (e.g., “I’m a great listener,” or “Ava brings joy to our group”). Keep the rhythm flowing, celebrating both self-awareness and peer affirmation.

You can build to a “double toss” round where each camper says something true about themselves and the person they toss to.

**Truth Switch-Up Walk-** Campers walk around the room to music. When the music stops, they turn to someone near them and finish this phrase out loud: “One thing I love about you is...” After 4–5 rounds, do a version where they say it about themselves. Encourages campers to voice affirmation with fun and variety.

**Encouragement Skits-** Groups create short, silly, or heartwarming scenes showing a character encouraging someone else—cheering up a nervous performer, standing up for a new kid, reminding a friend of their worth. Each skit ends with a truth spoken out loud. Keep the tone positive and playful.

**Role Model Role Play – Truth Edition-** Campers pretend to be someone who always reminds others of their value—like a kind teacher, a supportive sibling, or even Jesus. They improvise a short pep talk or blessing to someone feeling unsure. Can be silly or sincere depending on tone, but always affirming.

**Truth Freeze Frames-** Campers create a series of frozen images that show the emotional arc of someone discovering their worth:

Feeling unseen

Hearing hurtful words

Remembering a truth

Standing in confidence

Add a narrator or live music if desired.

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## I'm Finally Me - Laura Marano (Camp Dance)



**Mirror Monologues** – Campers look into a handheld mirror and perform a monologue about what makes them unique. Promotes self-reflection, self-acceptance, and confidence in expressing personal identity.

**Switch the Label** – Characters are given unfair labels (e.g., “shy,” “weird,” “bossy”) and must act out a scene proving they are more than that. Builds empathy and challenges stereotypes through performance.

**Costume Closet Confessionals** – Campers wear a costume piece and create a character whose identity changes by the end of the scene. Encourages exploration of identity layers and change.

**True Me Freeze Frames** – Groups create a series of frozen poses that represent aspects of their identity (e.g., culture, interests, family). Highlights diversity and story without words.

**Undercover to Uncovered** – Begin a scene hiding something (literally or emotionally), then reveal truth. Can be done serious or silly. Reinforces vulnerability and transformation.

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## What I Am - Will.I.Am (Olio)



### **Role Models Role Play**

Campers choose a real-life hero, mentor, or biblical figure they admire. They step into their shoes and deliver a pep talk to “themselves,” acting out what that role model might say in a moment of doubt or challenge. Encourages reflection on the kind of identity they’re growing toward.

**Identity Machine-** In a circle, each camper becomes a part of a machine that “builds” a strong identity—one might hum, another spin, another pose with strong arms or a kind expression. As campers activate their parts in sequence, the machine comes to life.

**Super You! Transformation Challenge-** Campers create over-the-top superhero versions of themselves (“Captain Kindness,” “Professor Joy”) and act out solving a silly or serious problem using their identity-based powers. Powers must relate to real character traits—like compassion, bravery, or focus.

**Power Words Mini Scenes-** Each camper is given three empowering “identity words” (e.g., creative, loyal, fearless). In pairs or trios, they create mini scenes that must include all three words spoken with confidence and conviction.

The challenge: make them fit naturally while still acting out a fun or dramatic moment.

**Mirror Compliments Movement Game-** Partners face each other and take turns expressing compliments using only movement—no talking! One camper “gifts” a gesture of kindness or appreciation, and the other mirrors and returns a new one. A beautiful, wordless exchange that promotes trust and mutual recognition.

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## How Far I'll Go - Moana (Parlando)



**Island vs. Ocean (Improv Game)-** Campers form two groups: one represents the "Island" (safety, comfort, tradition), and the other the "Ocean" (risk, adventure, discovery). They act out a scene where a character must choose between staying or leaving—using body language and persuasive arguments, no script.

**"I Want" Monologues-** Campers create short solo monologues starting with "I want..." They can be sincere, silly, or adventurous ("I want to build a rocket from fruit snacks!"). Perform them with bold choices.

**Compass Corners (Movement & Choice Game)-** Each corner of the room represents an answer to a question ("Do you prefer calm or chaos?" "Would you rather lead or explore?"). Campers move to the corner that matches their instinct—then briefly act out a character who feels that way.

**Inner Voice, Outer Voice-** In pairs, one camper acts as the "Outer Voice" (what the character says aloud), and the other as the "Inner Voice" (what they're really thinking). Together, they act out a situation (e.g., preparing to speak in front of the class).

**Storm Sculptures-** Using just their bodies, campers form frozen images of a "storm inside"—shapes that represent internal conflict, fear, or determination. They can "unfreeze" and evolve their shapes into strength or peace.

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## Stand Out - A Goofy Movie (Bombershay)



**Character Cones-** Place 4-6 labeled cones or stations around the room: e.g., “Goofy,” “Confident,” “Dramatic,” “Shy,” “Loud,” “Mysterious.” As music plays, campers walk around the space neutrally. When the music stops, they go to the nearest cone and instantly act like that character type—using facial expression, body posture, and maybe a line. Repeat with different mixes.

Great for discovering range and physical character work.

**Walk the Emotion-** Call out a line (e.g., “This is my moment!”) and an emotion (e.g., proud, terrified, thrilled). Campers walk across the room delivering the line in that emotion, using movement and vocal tone. Switch emotions between rounds—keep it fast and fun! Helps campers explore emotion and vocal tone with movement.

**Mirror Identity-** In pairs, one camper becomes the “true self” and the other is their mirror. The “true self” leads with slow, clear movements and facial expressions that reflect inner confidence, personality, or silliness. The mirror must match them perfectly.

This is great for partner trust, expression, and movement clarity.

**Identity Inventory (Silent to Sound)-** Campers begin by silently acting out something that represents them (e.g., a dancer, a thinker, a leader). Others guess what they’re portraying. After a round of silent “I am” portrayals, invite them to add one line of dialogue that finishes the sentence: “I am someone who...”

Blends silent storytelling with short, bold declarations of identity.

**“Yes, Let’s!” Challenge-** A fast-paced improv game: one camper shouts an action (“Let’s climb a mountain!”), and everyone responds, “Yes, let’s!” while miming the action. New person takes over with a new suggestion (“Let’s do a runway walk!”).

Encourages saying yes to creativity and acting with energy and full-body

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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.

## **Psalm 139 Movement Meditations (Psalm 139:13-14 - Wonderfully Made)**

Campers create slow-motion, breath-focused movement phrases that reflect God's care and creativity in forming each of us. Movements begin close to the body (introspective) and gradually expand outward (boldly stepping into purpose). Can be done individually or as a group.

## **Gideon Before & After Skit (Judges 6-7 - From Fear to Courage)**

Campers perform two short scenes: one showing Gideon hiding in fear and doubt, and one showing him boldly leading with God's strength. Between scenes, discuss what changed—and how God spoke identity over him.

## **Prodigal Son Monologue (Luke 15:11-32 - A Homecoming of Grace)**

Campers choose to speak as either the returning son or the loving father. Monologues can be written or improvised, focusing on themes of regret, welcome, love, and identity. Helps campers experience the joy and worth that comes not from performance, but from being deeply loved and forgiven by God.

## **Jesus' Mirror (Philippians 2:5; John 13:34 - Reflecting Christ's Character)**

In pairs, campers take turns acting like Jesus toward each other—offering encouragement, truth, forgiveness or comfort through improvised scenes or silent gestures. Afterwards, they reflect on how it felt to give and receive Christlike love.

## **Loved by God Freeze Frames (Jeremiah 31:3 - Everlasting Love)**

Campers create group tableaux that show key concepts: being chosen, being forgiven, being welcomed, being loved. Each group presents their image while others guess the message before debriefing as a whole.

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## **Voice Sculpt Challenge (Psalm 139 / Jeremiah 31:3)**

Give each camper a creative vocal prompt (e.g., “Make a sound that feels like being known,” “Sing a note like you’re being hugged,” “Create a rhythm that sounds like joy”).

They have 30 seconds to come up with their own sound, then share it with the group. Group can layer or respond, turning it into a spontaneous vocal soundscape.