

## Clip: The Audition

### Episode 1: Learning to Fly, Part 1

#### Activity: Competing for a Place

Theme: Health and Wellbeing

Elements of dance: body

Tara: *"I've never done this before."*

Abigail: *"Really? How long have you been dancing?"*

Throughout the episode, Tara is confronted by a range of behaviours designed to intimidate her.

1. As a class, view the episode, *Learning to Fly, Part 1*, and discuss the intimidation tactics used by other students and by the Academy's teachers. Ask students to consider what is the purpose of these tactics? Have students compare Tara's attitude at the start of the first day of 'O-Week' (Orientation Week) and her feelings by the end of that day.
2. Tara left her father a message about her deflated feelings after the first day. He responded back with encouraging remarks that were specific to her background and personal strengths. He proved by these comments to be genuinely supportive. As a class, discuss why positive self-talk is an effective way of combating bullying. Have students list which applications were most successful and ask students to explain why? Record these responses on the board/IWB.
3. Divide the class into small groups to enact one scene from the clip or episode. The groups can select either a direct enactment of the intimidation tactic and the character's response or the intimidation tactic followed by the application of a positive 'self-talk'. Have each group evaluate the effectiveness of each enactment to represent counteracting intimidation and promoting positive 'self-talk'.
4. Discuss with students the positive 'self-talk' that Tara's character could use to help her feel better about herself and her capacity to continue pursuing her dream. Complete the table in **Student Activity Sheet E1.3 Positive Talk** containing the intimidation tactics and the character's reactions.

Activity: Competing for a Place

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Student Activity Sheet E1.3 Positive Talk

**Useful resources**

- [Mental Health Foundation of Australia, Resilient Youth Resource](#)
- [Success in Learning – Positive Self](#)

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Student Activity Sheet: E1.3

Episode: Learning to Fly, Part 1

Activity:

Competing for a Place

Clip:

The Audition

## Positive Talk

Complete the following table using examples of what the characters do in *Dance Academy* episode 1.

Intimidation tactic	Tara's response	Possible positive self-talk
1.		a.  b.
2.		a.  b.
3.		a.  b.
4.		a.  b.
5.		a.  b.