

THE ACTOR'S *toolkit*

An 8 week lesson plan of
Introductory Acting for
Intermediate Students

Week **ONE**

Exercises which familiarize actors with each other and the space, and encourage ensemble building.

Exercises

Introductions and
Applause
MeYou YouMe
Meet my Friend
ZipZapZop
Look & Scream
Human Knot
Exploring the
Space
Greetings

**Introductions &
Getting to Know
You**

Warm Up GAMES

What Are You Doing?

Type: Warm-up.

Purpose:

A fun, quick game to help learn the names of everyone in the class.

Procedure:

1. Have the students stand in a single line.
2. The 1st student in line (i.e. Marc) turns to the 2nd student in line (i.e. Rachel) and initiates the following script (taken from the name of the game, Me You You Me!)

Marc says his own name... "Marc" (me)

Rachel says her own name... "Rachel" (you)

Marc says Rachel's name... "Rachel" (you)

Rachel says Marc's name... "Marc" (me)

4. He continues with everyone down the line until he ends up standing at the opposite end from which he started.

5. Now the new head of the line (in this case Rachel) does the same thing, all the way down the line until she ends up at the end.

6. After the class becomes comfortable with the pattern, encourage them to speed up and do it as quickly as possible (while still speaking loud and clearly).

7. Continue until everyone has had a chance to go down the line.

Week **TWO**

The actor's toolkit is built on various foundational skills, such as focus/concentration, trust, and energy. These help the actor build and commit to their characters.

Exercises

Walk the Space
Meet my Friend
Look & Scream
People/Shelter/
 Storm
Factory
Story Tableau
Mirror Activity
Walking Blind
Quadrants
Who's the Leader?

**Building the
Foundation**

Week **THREE**

Improvisation, or improv, is a form of live theatre in which the plot, characters and dialogue of a game, scene or story are made up in the moment. Improv is a tool actors can use to stay in the moment, think on their feet, and work with their fellow actors. These games connect story to action and improv to character. The focus of this week is improv, storytelling and character choices.

Exercises

Quadrants
Emotional Factory
Three Word Story
Three Word
Story Tableau
Hitchhiker
Party Host

*Introduction
to Improv*

Week **FOUR**

This class will focus on some of the fundamental elements of theatre, such as the staging space and stage directions. The class will continue to build on story elements and improv.

Exercises

Theater tour
Stage Directions
Game
Minefield
Fortunately/Unfor-
tunately
What are you
doing?
Hitchhiker
Props game

**Elements of
Theatre**

Week **FIVE**

These week focuses on putting elements into action, incorporating our skills into monologue and scenework. This is introduced through long form improv games. This will also provide a review of the elements of theatre.

Exercises

Meet My Friend
Minefield
What are you
doing? (Miming)
Prop game
Beep Game
Goon River

*Monologues &
Scenes*

Week SIX

This class will focus on partnered scene work, accompanied by review of the elements we have been building over the past five weeks. Exercises which deal with imaginative thinking will challenge actors' thinking.

Exercises

Fortunately/Unfo
rtunately
Look & Scream
Human Knot
Factory
(Elements)
Rainstorm
Script Read
Through

Experimental
Experiences

Week **SEVEN**

Text work is key in unlocking character motivation and how to shape emotional and dramatic core of scenes.

Exercises

People/Shelter/
Storm
ZipZapZop
Hitchhiker
Character
Exploration
Motivation/
Obstacles
Exploration
Tactic
Exploration

**Character
Development**

Week **EIGHT**

Blocking is the final part of putting together a script, making the words on the page come to life.

Exercises

Blocking
entrances and
exits
Running scenes
on feet
Presentation

**Blocking the
Text**

