# Station 1: Psychological Acting Method

Goal: To mark up script with tactics and sense/emotional memory notes.

Step 1: Identify different tactics your character uses in your script. Write them down in the script.

\*\*Reminder: Tactics are what a character does in an attempt to achieve their goal. They need to be in the pure verb form (to \_\_\_\_\_\_) and must go through another person. ‘To walk away’ is not a tactic. ‘To avoid’ is. For example:

(to force) Sally: Give back my ball!

 Tommy: Sorry, don’t want to.

(to soften) Sally: (puppy dog eyes) Pretty please???

Step 2: Then find 1 way you can incorporate sensory memory and 1 way you can incorporate emotional memory. Mark those in your script. For example:

 Jenny: Do you always eat pizza for breakfast?

(emotion: Nostalgia) Susie: Not since Henry died. It was the only breakfast he ever ate.

(emotion: sympathy) Jenny: Oh. I’m so sorry for your loss.

# Station 2: Psycho-physical Acting Method

Goal: To make a visual flip-book showing the psychological gesture character preparation exercise.

Step 1: Decide which line of dialogue most directly encompasses your objective.

Step 2: Now, think of a way to show through an expressive gesture what your character’s objective is. Do this gesture over and over (at least 8 times.) Have your partner take a picture with the tablet of you doing this.

Step 3: Continue doing your psychological gesture, but begin saying the line you choose in step 1. Have your partner take a picture of you doing this too.

Step 4: Continue both of these things, but gradually let your gesture become more realistic. Do this until you feel you have been able to incorporate the psychological gesture effectively. Have your partner take a picture during this final stage.

Step 5: Switch partners, and do the activity all over with the second partner.

# Station 3: Physical Acting Method

Goal: Choreograph a small abstract movement sequence that can be incorporated into your scene, and record it!

Step 1: With your partner, discuss ways in which movement could be a part of your scene. Are there climatic moments that could be portrayed through movement? (Ex. Fights, disagreements, realizations, etc.) Are there ways you could use the body to show the environment? Think about how you can incorporate the viewpoints.

Step 2: Make a decision, and begin choreographing and practicing! Remember, what you choreograph must be able to fit within the scene.

Step 3: When you are finished rehearsing, video record it with the tablet.

# Station 4: Physical-Social Acting Method

Goal: Practice the Alienation effect by incorporating gestus into one part of your scene, as well as a placard.

Step 1: Answer the following questions

1. What political or social statement could this scene be making?
2. How can the relationships be polarized, or be made to be opposites of each other? What might that say about the message of the show?

Step 2: Start thinking of how you could use gestus (gestures) to show relationship differences between characters. How can you emphasize the person in power? How can you use gestures to make a political or social statement?

Step 3: Begin rehearsing and practicing your ideas!

Step 4: Lastly, find a way to incorporate a placard into your piece. Take a picture of you doing the gesture and with the placard.