

FREEZE - Need a leader

Design a story with 3 or 4 specific Actions

Example:

Action 1: You are getting ready for a party

Action 2: You are looking really hot

Action 3: Your ride is late because of really bad weather

Action 4: You finally get to the party....your dress is wet..your hair a mess

Think about Action 1. Pick a pose that portrays that action...pick a *“level”* to do it in.

Leader counts to “4” while participants walk around in a circle on “4” they must freeze into their own personal pose for Action 1.

Let them practice a few times...

Repeat for action 2..... put actions 1 and 2 together...

Repeat for action 3.....put actions 1, 2, and 3 together.

Repeat for action 4.....put actions 1,2,3 and 4 together.

Let them put the 4 actions together several times to really get the feel for moving from one action to the other and freezing.

This game helps a chorus to free up there bodies, to understand freeze frame, and use levels for expressions.

Lethargians

The actual definition of lethargic is dull, drowsy, and sluggish. So a lethargian, moves in a stretchy slow motion....as if the film has been slowed down...Lethargian movements have lots of wind up and follow through.

THE GAME –

Part 1. Start the game by slowly waving to 3 people in the audience.....use different ***levels*** and different facial expressions

Part 2. Wave to 3 people with you on stage.

Part 3. Come up with different actions. Whatever it is, do it three times to make use of the level concept, and the feeling of using different facial expressions with each movement.

How this applies...On stage especially in ballads we have a tendency to move to fast. Practicing Lethargians will help to learn and get used to slower movement.

*****levels*****

Level 1 - is – body is as low as you can go and still get back up

Level 2- is – body is at a mid level (we go here and stay here to long)

Level 3- is – body is high and wide

Pinocchio

This is a really great way to start a rehearsal on a physical high. It is a physical warmup/stretching exercise with dramatic content to keep it focused. It is named after the wooden puppet

Right now you're made completely of wood. Your arms and legs are carved from a single piece of wood. You can't move any part of yourself at all.

Now the magic spell has begun. It begins at the top of your head. The spell moves down slowly until your head down to your eyebrows is flesh and blood. Try and move your eyebrows.

The spell keeps moving down. Now you can move your eyes! All your life you've been staring straight ahead, and now you can look to the sides.

The spell gets to your ears and your nose. See if you can wiggle them.

The spell gets to your mouth. You can smile. It feels strange at first, and probably looks pretty strange too, but you grow more comfortable with it. Try some other facial expressions as well.

Slowly you discover that you can turn your head. Careful! You can look up and down carefully as well. Look! You have feet! This is the first time you were ever sure.

The spell reaches your shoulders. But remember, your arms and hands are still attached to your torso, since you are carved from a single piece of wood, so you can move **ONLY your shoulders. Try some circles. Do you feel a tingle up and down your spine? That's the magic working.**

The spell reaches your chest. You can puff it out like a soldier.

Your elbows can move now and your hands. Bring your hand up to your face and study it. See if you can move the fingers. Wow! You've never seen anything so beautiful!

The spell has reached your waist. Carefully bend forward, to the side. See if you bend backwards. See if you can make a circle.

The spell reaches your hips, but your knees are still locked together and your feet are still attached to your pedestal.

The spell gets to your knees. See if they bend!

Reach down and see if you can pull your left foot free. Ooofff! Point the toe. Flex the foot. Make little circles.

Now see if you can get your right foot free.

You're all real now! See how you can move. Careful at first--these are your first steps! Let's find all the ways our new bodies move!

Ways to Walk

There are many different ways to walk. Introduce the idea that any movement (in this case, the walk) can be changed in a number of different specific ways

Change the *size* of the movement. A movement can be made wider or narrower, higher or lower, deeper or shallower. One can make the walk wider or narrower by widening or narrowing the stance and swinging the arms further away or closer to the body. One can make the walk higher or lower by walking on tiptoe or slouching. One can make the walk deeper by taking larger steps or swinging the arms further forward and back.

Change the *time* of the movement. A movement can be made slower or faster

Change the *weight* of the movement. Demonstrate how walking can be light or heavy. (An angry schoolteacher may walk heavily; a ballet dancer may move lightly.)

Change the *direction* of the movement. A movement can be direct--moving to a specific point without veering off the path--or indirect--wandering aimlessly.

Change the *tension* of the movement. The muscles can be loose and relaxed or tense and constricted.

Create your own different walks.

RASH

This is an easy contagious game. Have it start at one end of the risers. Let it spread to the other side. Have one side find some relieving cream....let that spread. Game is over when itch is gone.