

ACTIVITY: DEVELOPING EMOTIONAL EXPRESSION AS AN ACTOR

RECOMMENDED AGE: 5 and up

TIME: 10 – 30 minutes

SET-UP: None

SUPPLIES:

- **A reflective surface to see your face (mirror, self-facing camera, etc.)**
- **Writing supplies (paper/pencil or computer/tablet)**

When actors are playing characters onstage, they sometimes experience different emotions or feelings as those characters. It's important that actors understand different emotions and how they can be expressed using our bodies, faces, and voices. In this activity, we'll learn and explore expressing emotions while saying lines from a script (sometimes this is called dialogue).

INSTRUCTIONS

1. How many emotions or feelings can you name? Make a list! Write them down on a piece of paper or a computer. Think about synonyms, (nervous, worried, anxious) and antonyms (happy/sad, excited/worried)
2. Using your face, body, and voice, show these emotions. You can do this in the mirror or with a self-facing camera, perhaps on a smartphone, laptop, or tablet.
 - a) Some emotions can be very similar. For example, happy, content, and glad are all similar emotions. If you were to rank them, which one is the closest to a calm or neutral feeling, and which one is the most extreme? How can you show those differences with your body, voice, and face?
3. Pick a line from one of your favorite movies (for example, "I'll get you my pretty, and your little dog, too!" from *The Wizard of Oz*).
4. What emotion is the character feeling? Say the line how you would say it if you were feeling the same emotion.
5. Using the emotion list you created earlier, say the same line using 3 different emotions (for example, excited, confused, disappointed). Even if it doesn't match the words in the line, challenge yourself by changing the feeling behind it!
 - a) Repeat with different lines and movies as many times as you would like!



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