

# DRAMA *at home*

with Out of the Box

## CREATING CHARACTERS

Creating characters can be a fun experience!  
Today we will focus on Physical Characterisation.

### EXERCISE ONE

- I** Walk around your acting space OR do a basic activity such as washing windows. Focus on building different character types. Each character's movement must start from a different part of the body. For example:  
NOSE: A curious or miserly character.
- 2** Explore the exercise leading with the following areas: Head, Chest, Belly, Shoulders, Knees, Feet, Hands, etc.

### EXERCISE TWO

- I** Select different animals to inspire your movement. Select characteristics from each animal and repeat the previous activity, using these characteristics in the exercise e.g. Snake, Lion, Giraffe, etc.
- 2** NOTE: Don't become the animal. If you selected the Snake, you may focus on using your eyes a lot and may choose to move slowly with a few sudden moves.

### EXERCISE THREE

- I** Characters use different types of Energy, depending on who they are and the circumstances they find themselves in. Experiment with different types of Energy. Eg. Fast, Slow, Lazy, etc.  
Here are some suggestions from Arthur Lessac:  
Buoyant: Calm and Light .  
Potency: Powerful  
Radiancy: Energetic  
Inter-involvement: Emotional

### EXERCISE FOUR

- I** Select a Body Centre, an Animal, and an Energy to create an interesting Character.
- 2** Mime or create a scene where your character interacts in an environment OR team up with classmates to create an improvisation where your characters are in a situation together E.g. A Waiting Room, a Bus Stop.

USE YOUR IMAGINATION AND HAVE FUN!