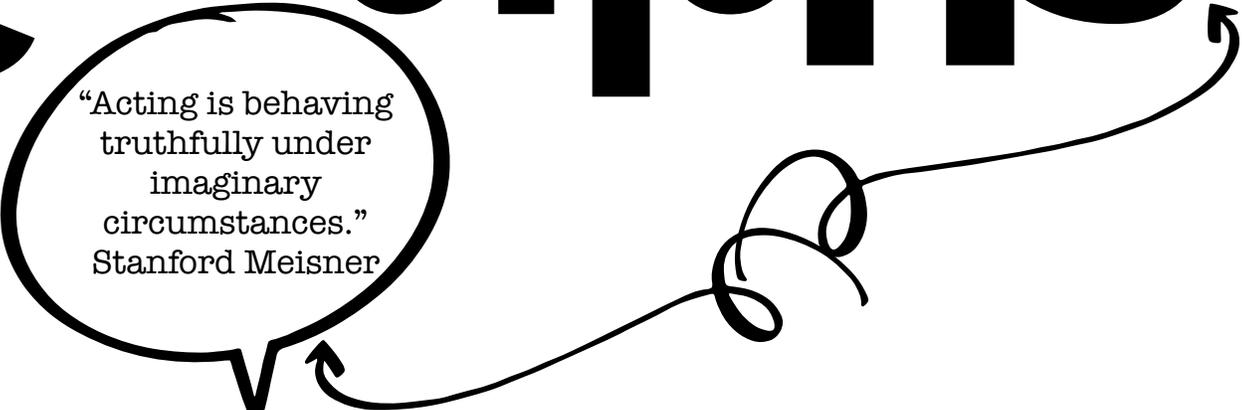


MAY THEATRE 1 CLASS PERIOD: 4 or 6 (circle one)

NAME: \_\_\_\_\_

# emotions



“Acting is behaving truthfully under imaginary circumstances.”  
Stanford Meisner

So much of acting is expressing how the character FEELS. We sometimes have a hard time doing that in real life!

Part of being an effective actor is being AWARE of how we feel and realize what that does to our physicality and actions.

1. WHY is it important for actors to be aware of their emotions?
2. Do you feel like you show a lot of emotion in your face?
3. In your body?
4. The way you walk?
5. The way your voice sounds?
6. What emotion do you show the MOST often?
7. What emotion do you hide the most often?
8. What emotion do you ignore?
9. What emotion do you try to hide?
10. What emotion makes you feel uncomfortable?
11. What is your favorite emotion to feel?

NOW USE THESE TO ACT: Using these emotion words, take a moment to create a physicality (way to stand, walk, sit down) IN THAT EMOTIONAL STATE.

**AMAZED, ANGRY, ANNOYED, ANXIOUS, CONFUSED, DETERMINED, EMBARRASSED, ENERGETIC, HAPPY, HOPEFUL, JEALOUS, JOYFUL, LONELY, MOTIVATED, PROUD, SHOCKED, SILLY, TENSE, GRATEFUL, PEACEFUL, FRIENDLY**

THEN (in front of a mirror) make the facial expressions (mouth, eyebrows) and gestures that you might make if you were feeling that emotion. Remember on stage you must act LARGER than life.

MAY THEATRE 1 CLASS PERIOD: 4 or 6 (circle one)

NAME: \_\_\_\_\_

# THEATRE

*is a self discovery journey*

“Life is like theatre. Each new day is a new scene with new acts and roles to portray. The sets always change. You come across new dialogue and lines to exchange between others. Scripts are improvised. But the beauty in it is that everyday, you are constantly learning who you are and how others around you are. Express yourself and empathize.” {melody joy}

1. WHO inspires you?
2. WHAT inspires you?
3. In the next month, I want to...
4. In the next year, I want to...
5. How have you CHANGED this past year?
6. What does SUCCESS mean to you?
7. WHAT is your dream job?
8. Something I would tell my past self is?
9. What is something I learned this year that I will use to become the FUTURE self that I want to be?
10. What is something that I learned in THEATRE class that has helped me this year?

MAY THEATRE 1 CLASS PERIOD: 4 or 6 (circle one)

NAME: \_\_\_\_\_

# your reflections

**3** things you learned  
this year in Theatre  
class...

1

2

3

**4** people you met in class and  
your favorite thing about  
them...

1

2

3

4

**2** of the best games you  
played this year in Theatre  
class...

1

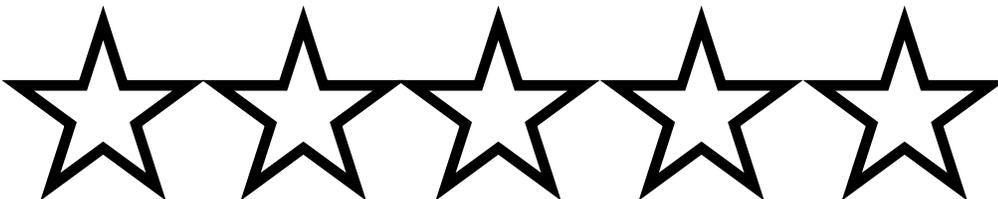
2

**1** thing you would like to  
improve upon or  
something you wish you had  
worked on more...

1

IF YOU COULD GIVE MRS. MARSHALL  
5 STARS FOR ONE THING ABOUT  
THEATRE CLASS IT WOULD BE FOR...

!



MAY THEATRE 1 CLASS PERIOD: 4 or 6 (circle one)

NAME: \_\_\_\_\_

COLOR this PAGE USING YOUR FAVORITE COLORS!

