

Introduction to Theatre



WEEK 1: PANTOMIME, AND VOICE

Journal Prompts

Please answer as many as you can in the next 5 minutes.

PROMPT 1

Describe picking up a glass of water and taking a drink. What are the actions involved? Be as specific as possible.

PROMPT 3

Select an actor you know. Try to describe their voice to the best of your ability. Avoid using words like, "good" and "normal" and see what kinds of adjectives you can come up with.

What is Pantomime



Pantomime **is**

conveying a story by
bodily or facial
movements.

- The art or genre of conveying a story by bodily movements only.

What is Gesture?

Gestures: Are body movements that people use to create emphasis or meaning.

- *examples: pointing, shrugging shoulders, and tilting the head.*

Body Language: the process of communicating nonverbally through gestures and movements.

Emotional Gestures: nonverbal cues including facial expression, body movement and posture, gesture, tone of voice.

Warm-Up

Exercise

Activity

Describe Picking up a Glass of Water

- Split into groups of 3
- One student will begin by reading their description of picking up a glass of water, one performs, and the other watches.
- ACTORS: Only do what the reader says. No implying or filling in the holes.
- The one who watched will take note of anything that needs to be added or changed.

3 things to remember when **Miming**

1. Hand Position

- Used to show the shape and size of the object

2. Tension (In the arms, hands and body)

- Used to show the weight of the object

3. Follow-through

- Where does it come from? Where does it end up when you're finished

GAME

Magic Lunch Box

VOICE



What makes “Good Voice?”

Why do some parts of the voice stand out/are more important than others?

How does a voice communicate properly?

**“Good
Voice”**

is:

Good Vocal Qualities:

1. LOUD

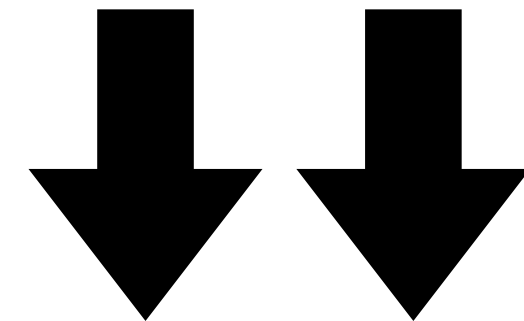
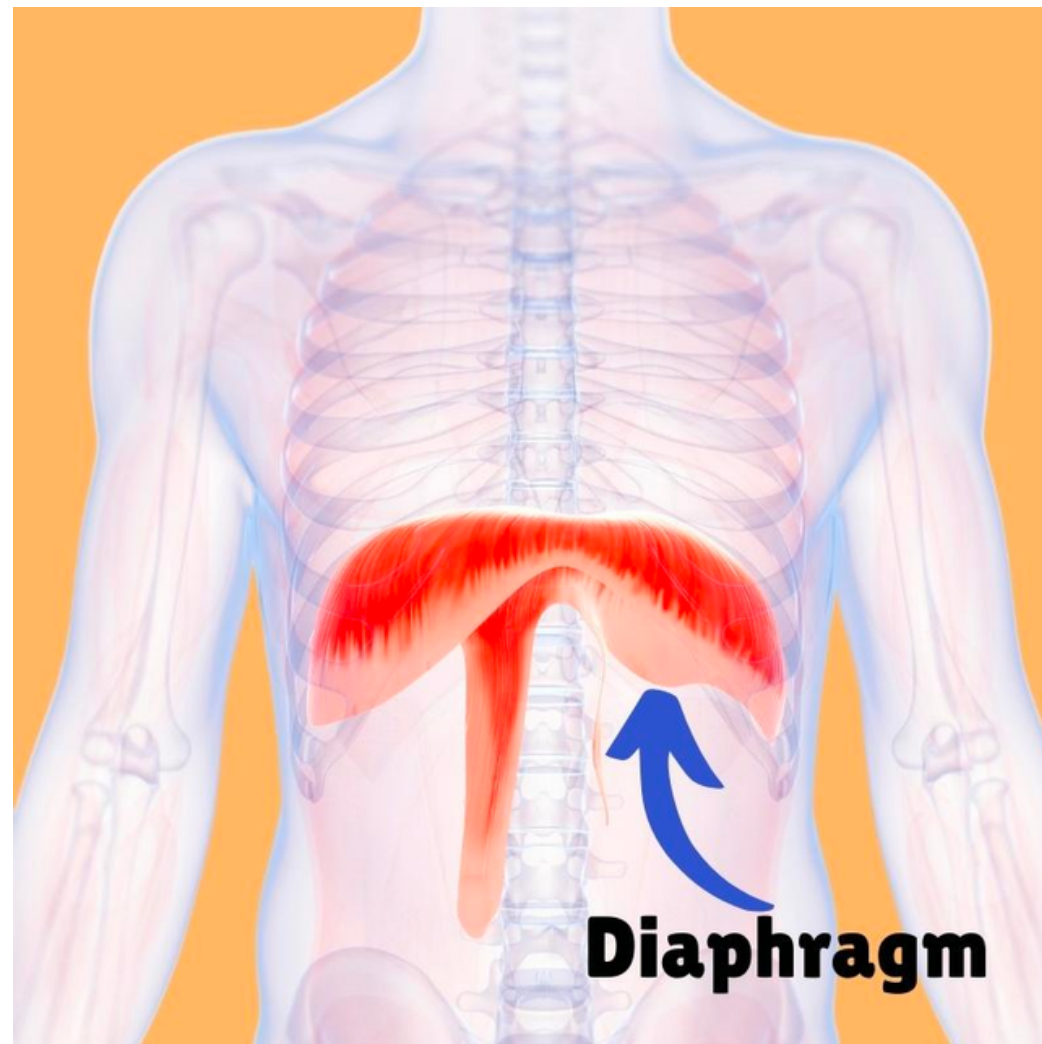
**2. EASY TO
UNDERSTAND**

Words to Know

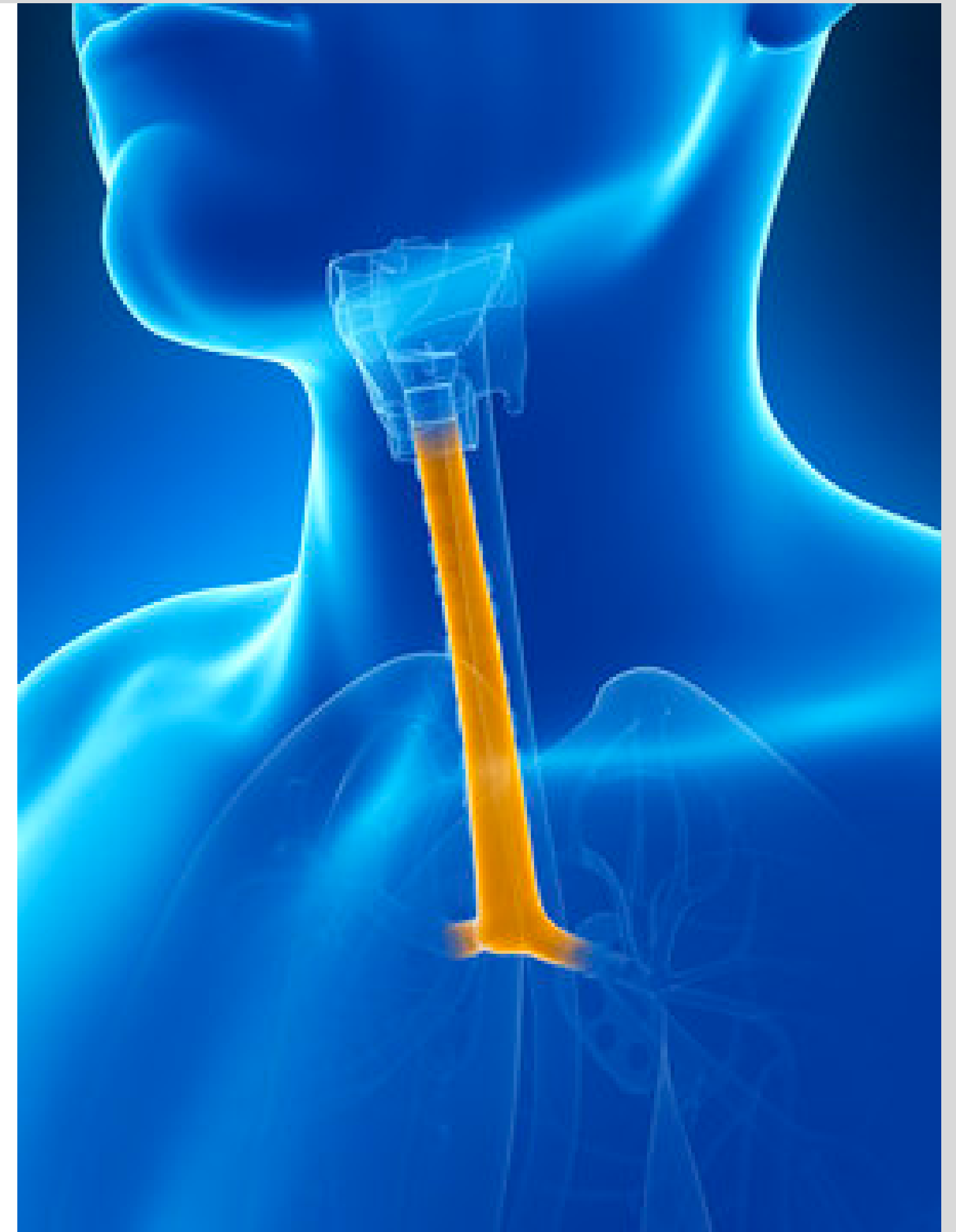
PROJECTION: Filling a space with sound

ARTICULATION: The clear, precise pronunciation of speech

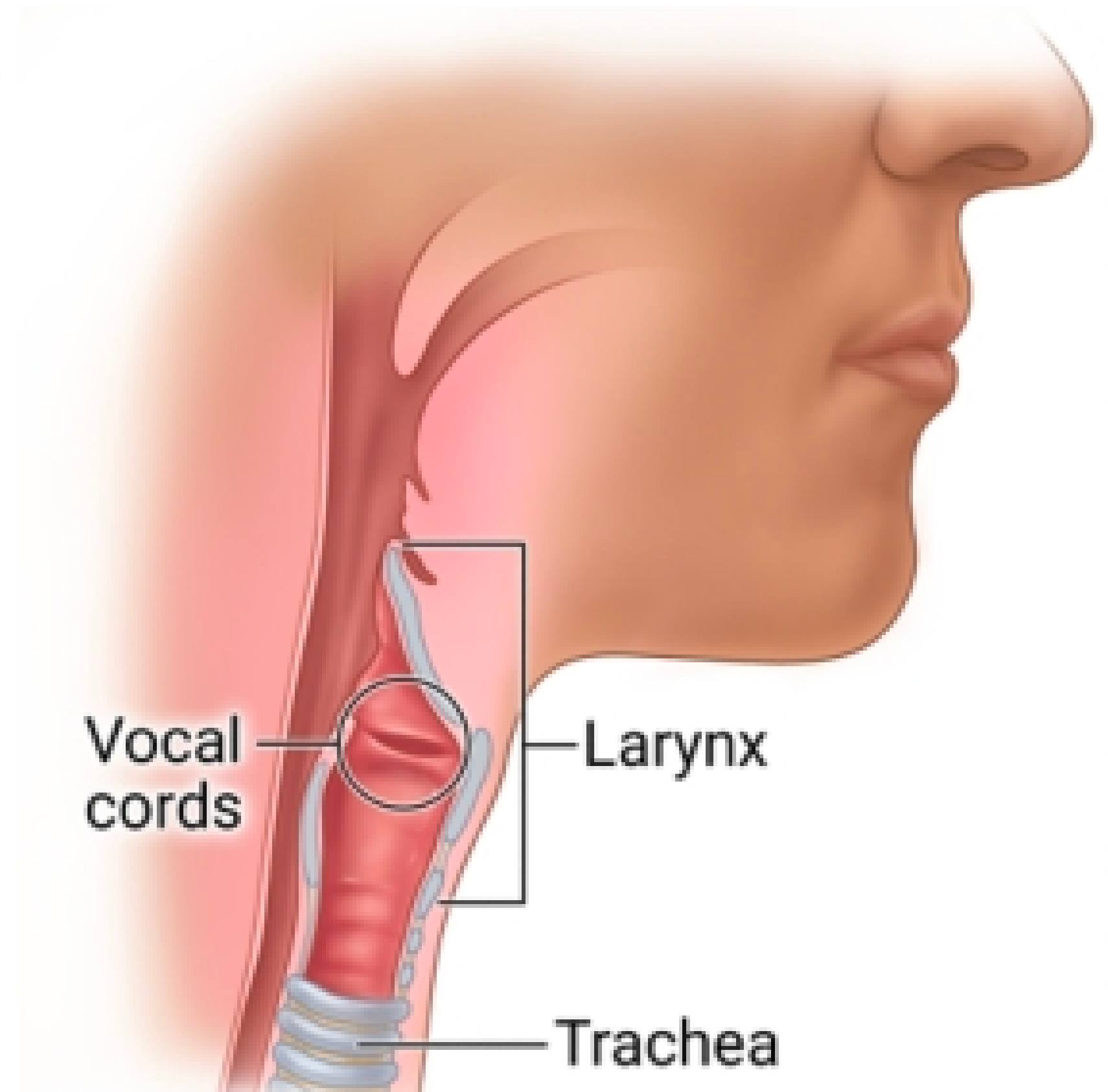
How is Speech Created?



The air travels
up through the
trachea and
over the vocal
folds



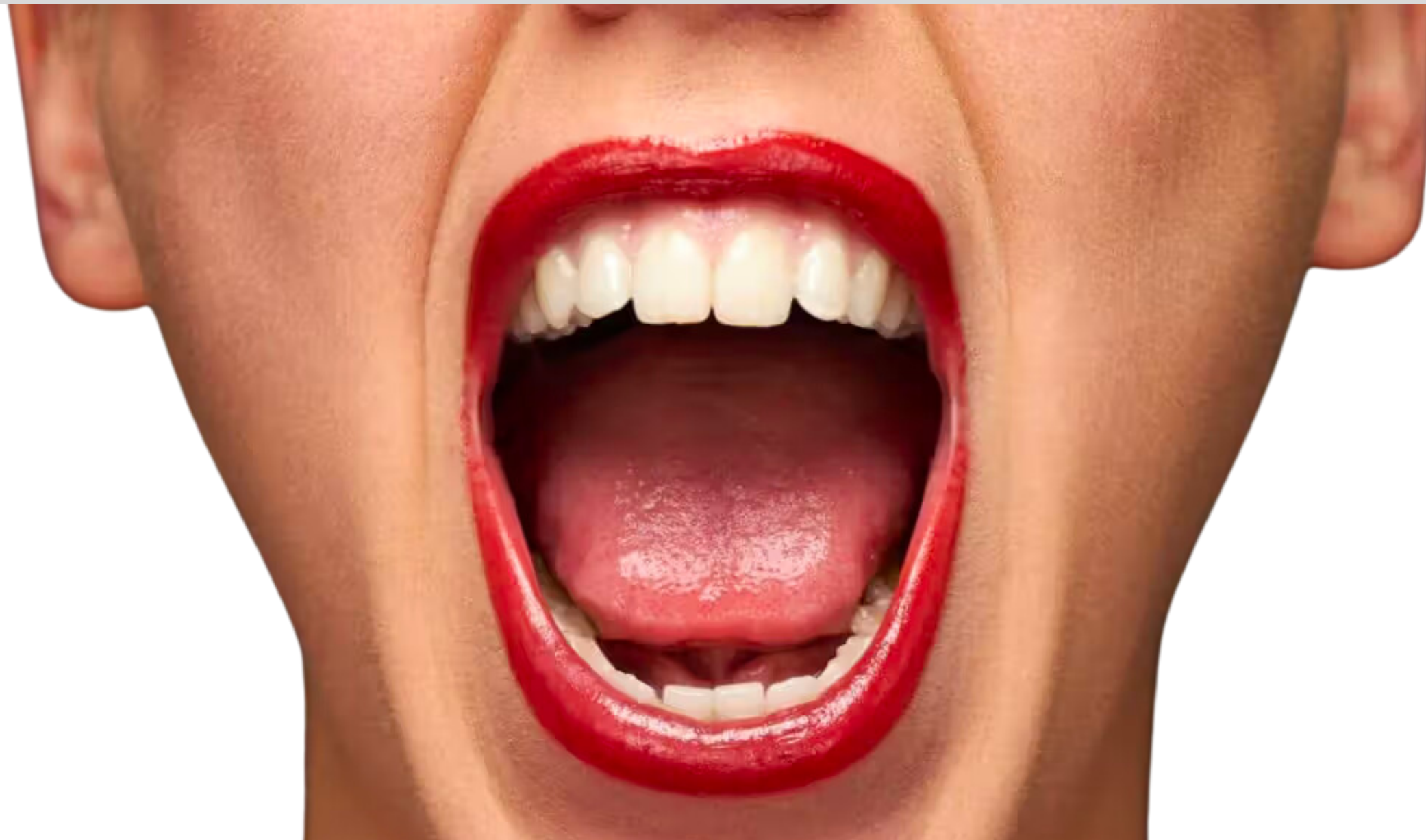
The vocal
folds
vibrate to
create
sound





The raw sound
“bounces around”
in the resonators
to create a richer,
fuller sound

Resonators: Chest, throat, mouth, nasal
cavities, head



Articulators = lips, teeth, tongue, jaws,
hard and soft palate

Warm-Up

Sound and Motion

Exercise

Posture

1. Feet shoulder-width apart
2. Knees slightly bent
3. Hips tucked under the spine
4. Spine is long
5. Shoulders relaxed, down, and back
6. Chin parallel to the floor

- Think of a string attached to the top of the head and pull upward
- Tense your shoulders up to your ears and release your shoulders

Exercise

Breathing

1. Stand in performance posture.
2. Hands are on your stomach/over your diaphragm/below your rib cage.
3. Inhale: take a deep breath slowly as I count to 3.

- Keep your shoulders down and relaxed. Imagine that the air is actually going into your stomach.
- Exhale: release the air on an 's' sound - it should sound like a tire or balloon losing air.

Exercise

Diaphragm Push

1. Stand in a circle, but make sure you have space in front, behind, and a little bit on the sides.
2. Slowly raise your arms and stand on tiptoe as you breathe in.
3. When your hands are up and you're on their toes, release the air on an "ah" sound.

- Reach up just a bit farther and then suddenly drop down and let your arms swing behind you. Keep releasing the "ah."
- The drop down should be a complete release of air and it will make the "ah" get suddenly louder, as the diaphragm is pushed in quickly.

Warm-Up

Hairy Bear

Right = Hairy Bear

Left = Barely Hair

Tongue Twisters

1. The big black bug bit the big black bear, and the big black bear bled blue blood.

Tongue Twisters

2. He thrusts his fists against the posts
and still insists he sees the ghosts.

Tongue Twisters

3. A box of biscuits, a box of mixed biscuits, and a biscuit mixer

Tongue Twisters

4. Trix, trent, tweed, gig whip, gig whip, gig
whip

What a to-do to die today, at a minute or two to two;
a thing distinctly hard to say, but harder still to do.

We'll beat a tattoo, at twenty to two

a rat-tat-tat- tat-tat-tat- tat-tat-tattoo

and the dragon will come when he hears the drum
at a minute or two to two today, at a minute or two to two.

Review

Tell a joke using the skills we've learned today:

- Focus specifically on articulation, projection, and breathing!

