The Next Stage
Notes: Week One

What we covered

1. Warm-up
   - I Accuse (working on concentration, awareness of all other performers, performance readiness, articulation, memory)

2. Vocal Warm-up
   See link to video from The National Theatre [http://youtu.be/Tc--hoG4nec](http://youtu.be/Tc--hoG4nec) (working on opening the voice, releasing tension, articulation, awareness of vocal range)

3. Movement
   - Miming Circle (working on creativity/imagination, physicality and movement, and having fun and playing)
   - Blind Offer (i.e. shapes – working on movement, using space, letting go of right and wrong)

4. Improvisation
   - Let’s (working on understand the value of “Yes, and...” approach to building stories and supporting your partner)
   - Remote Control (working on creativity, imagination, responding to what is happening on stage, improvisation and play)

5. Our Plans
   - Working each week on developing skills with a focus on voice and movement exercises and plenty of improvisation to develop creativity and get us working as a group and collaborating to build stories.
   - Focus on monologues this term with a view to developing a performance out of those monologues at the end of the 10 weeks. Seeing what comes out of our work on monologues over the next few weeks to find a focus/theme for that performance.
   - Developing monologues has a two-fold purpose: 1) to put together a performance at the end of the first 10 weeks; 2) to give everyone a repertoire of monologues for use in auditions etc.
   - We will work on building the strengths of the group and finding our niche so that we can take on bigger projects (like a play) after our monologue performances.

Tasks for next week

1. Observation
   - Watch someone waiting/commuting during the week.
   - Choose someone different to you, so that you get a chance to embody a different character and break out of your own habits a little.
• Pay attention to their physicality:
  o how they hold themselves
  o where they put their weight
  o what they do with their hands, head
  o how they move
  o how they interact with others (people they know and strangers)
  o what they do while waiting
• Take notes, draw pictures, practice in front of a mirror or a friend.
• Try to make it real, not over-the-top acting but actually trying to embody a real person.
• Bring that character along to the group next week and we’ll play some games with the different characters people have brought.

2. Monologues

This is an opportunity for us to help each other explore different aspects that we can play on stage and try get out of our comfort zone a little bit.

• Bring a monologue not for you but for your partner.
• You should aim to bring something interesting and that you think would both suit and challenge the other person.
• Don’t share the monologue with your partner before class – we’ll all come to the monologues ‘blind’.