**Improv Exercises - Gesture and Storytelling Work**

Get a paper and ink pen and record the answers to questions in blue. When you are finished, try repeating with a different mood/emotion/action/idea.

**Pose**

* Create a pose that shows confidence.
* Why does this pose read as confidence to you?
* How did you hold your head?
* What kind of posture did you use?
* What did you do with your arms and legs?
* Refine your original confident pose.
  + Make it more abstract. Think about making it interesting for your audience, something they don’t see all time, something that would set you apart at an audition. Put your own unique spin on it.
    - How did you choose to abstract it?
  + Try to make it more genuine.
    - Think about a time you felt especially confident. How did feeling confident effect how you held yourself and what you did with your head, arms, or legs?
    - When someone walks in a room confidently, what tells you that they are confident?
* What did you change and why?
* What did you not change and why?
* Improv for at least 32 counts trying to portray confidence. Film yourself and watch it.
  + Did it look how you expected it to? Why or why not?
  + What could you change to make it read clearer, be more genuine, look more interesting, or make you stand out more?
* Improv again for at least 32 counts trying to portray confidence. This time, if you have space, try to put a turn or inversion in without breaking the feeling you tried to cultivate. Film yourself and watch it.
  + How did it look compared to the last video?
  + Did you see your turn or inversion coming, or was it smooth/unexpected?
  + Did the turn or inversion seem out of place or break the feeling?
  + Did the turn or inversion add to the feeling of confidence or take away from it?
  + Whether you answered yes or no to the previous questions, what are some ways you could improve your turn or inversion to make it a less commonly seen transition, portray confidence more, more genuine, more unique, etc.?

**Phrase**

* Create an 8 count phrase that shows laughter without actually laughing or miming laughter
* Why does this read as laughter to you?
* What did you do with your head, arms and legs to show laughter?
* How did you move your torso?
* What dynamics did you use (when did you move quickly and when did you move slowly) and why?
* Was your movement light or heavy?
* Was your movement bound or free?
* Refine your original 8 count phrase.
  + Make it more abstract.
    - How did you choose to abstract it?
  + Make it more genuine.
    - Find someone and make them laugh. You can do this with a video, but real people work best.
      * What kind of laugh was it? Laughing very hard, just a little, was it sarcastic, or uncontrollable, etc.
      * What do they do with their head?
      * How does their torso move?
      * Do they move their arms and legs at all?
      * What when do they move quickly and when do they move slowly?
      * Was their movement light or heavy?
      * Was their movement bound or free?
      * Repeat with as many people as you want.
* What did you change and why?
* What did you not change and why?
* Improv for at least 32 counts trying to portray laughter. Film yourself and watch it.
  + Did it look how you expected it to? Why or why not?
  + What could you change to make it read clearer, be more genuine, look more interesting, or make you stand out more?
* Improv again for at least 32 counts trying to portray laughter. This time, if you have space, try to put a turn or inversion in without breaking the feeling you tried to cultivate. Film yourself and watch it.
  + How did it look compared to the last video?
  + Did you see your turn or inversion coming, or was it smooth/unexpected?
  + Did the turn or inversion seem out of place or break the feeling?
  + Did the turn or inversion add to the theme of laughter or take away from it?
  + Whether you answered yes or no to the previous questions, what are some ways you could improve your turn or inversion to make it a less commonly seen transition, portray laughter more, more genuine, more unique, etc.?