

Table of Contents

Introduction	1
Chapter 1	
Warm-Up, Balance, and Homeostasis	5
1. Facial Frantic	5
2. Warm-Up	7
3. Tense and Release.....	8
4. Human Puppet	9
5. Shaken, Not Stirred.....	10
6. Stand-In	11
7. Walking	12
8. Body Warm-Up	13
9. Eights	14
10. Facial Warm-Up.....	15
Chapter 2	
Body Awareness	17
11. Don't Blink	17
12. Awareness	18
13. Big Fish, Small Fish.....	20
14. Dead Lions	21
15. Walking Tall.....	22
16. Sardines	23
17. Electric Shock!	24
18. Contradiction Catch	25
19. The Power of Words.....	27
Chapter 3	
Observation	29
20. The F Word.....	29
21. The Rhythm Exercise	30
22. Totally Tangled	32
23. The Nose Knows	33
24. Run Away Model	34
25. Switcharoo	37
26. Action Mirror	38
Chapter 4	
Memorization	40
27. Name Evolution.....	40
28. Sound Bites.....	41
29. Matter of Fact	43
30. Belly Laugh.....	44
31. Instant Replay	46
32. Traffic Light.....	47
33. Sandwich to Go.....	48

Chapter 5

Bare Essentials	50
34. Acting.....	50
35. Bare Essentials	51
36. All the World's a Stage	53
37. Primal Sounds	53
38. To Train or Not to Train.....	54
39. Newspaper Nightmare	56

Chapter 6

Sensory Awareness	58
40. Energy Hands	58
41. Blind Leading the Blind.....	59
42. Sensory Awareness	61
43. Shot in the Dark	62
44. Mold Me, Please.....	63
45. Squeak, Piggy, Squeak	64
46. Catch the Prey	65
47. Love Thy Neighbor	67
48. Phone Book Finesse.....	68

Chapter 7

Voice	70
49. Ten Steps	70
50. Energy Up, Energy Down	72
51. Zoom Zoom.....	74
52. Breath Tag.....	75
53. Tongue-Tied	76
54. Vibrations	78
55. Tongue Tipping	79
56. Word Projectile.....	80
57. Vocal Shades of Grey	81
58. Abs-olutely Breathtaking.....	83

Chapter 8

Concentration and Focus	84
59. Moment to Moment	84
60. Limitations	85
61. Absolutely Quackers!	86
62. Start-Stop	88
63. Cat Nap	88
64. Line Up	89
65. Got Rhythm?	91
66. Eye to Eye II	92
67. Sleeping with the Fishes	93
68. Lace-Up	94

Chapter 9

Imagination	97
69. Create a Space	97
70. Build Up	98
71. Slideshow	100
72. Stop the Press	101
73. Inner Circle	103
74. If the Shoe Fits, Wear It!	104
75. The Unspoken Word.....	105
76. Skills	107
77. Imagination Station	108

Chapter 10

Creative State	111
78. Random Thoughts	111
79. Catch Me If You Can.....	112
80. Compounding the Stakes	113
81. Murder Incorporated.....	114
82. Falling	116
83. Tree Hugger	117
84. Music Night.....	118
85. Emotional Recall	120
86. Perfect	121
87. Antiques	122

Chapter 11

Trust	124
88. Blind Faith	124
89. Conga.....	125
90. Rounders	126
91. Pause for Thought	127
92. Eye for an Eye	128
93. Hand Hypnosis	129

Chapter 12

Improvisation	131
94. Continuation Story	131
95. A-B-C.....	133
96. The Sound That Moved Me.....	134
97. Question with a Question	135
98. Poetry Jam	136
99. Dress Up and Up!	138
100. Organic Orchestra	139
101. Photo Story	140
102. The Prop Game	141

Chapter 13

The Physical Actor143

- 103. Status Symbol143
- 104. Jungle144
- 105. Tag145
- 106. Balancing Ball146
- 107. Balls of Fire147
- 108. Duck and Duckling Tag148
- 109. Slow-Motion Running Race149
- 110. Physical Expressions150

Chapter 14

Auditioning152

- 111. Cold Reading152
- 112. Book It153
- 113. The Golden Handshake155
- 114. The Audition157
- 115. The Hot Seat II158
- 116. Industry Awareness160
- 117. Casting Agent161
- 118. Taking Center Stage162
- 119. Cold Reading Companion163

Chapter 15

Action and Reaction165

- 120. Out of Sight165
- 121. On Guard166
- 122. Hit Man167
- 123. Look Out!169
- 124. Revolver170
- 125. In and Out171
- 126. Under Cover173
- 127. Hand Bites174
- 128. Desert Island176
- 129. Sound Bounce177

Chapter 16

Knowing Your Objectives179

- 130. Lost and Found179
- 131. What Time Is It?180
- 132. Intention Blocker182
- 133. Time Card183
- 134. Ultimate Tag184
- 135. Cup Flip185
- 136. Location, Location, Location187
- 137. Compounding Action188
- 138. Elastic Faces189

Chapter 17

Life Experience 191

- 139. Master Class 191
- 140. Seven Steps to Heaven..... 193
- 141. Spelling Bee Twister 194
- 142. Board Game Bonanza..... 196
- 143. The Aviator 197
- 144. Pass the Parcel..... 199
- 145. Zombie 201
- 146. Background..... 202
- 147. Osmosis 204
- 148. Three, Four, Five 205

Chapter 18

Ensemble 206

- 149. Grab a Seat 206
- 150. Symbiotic Scene 208
- 151. Toboggan 209
- 152. Jump Rope 210
- 153. Fugitive..... 212
- 154. Seven-Eleven 213
- 155. Balloon or Bust 214
- 156. Last Man Standing 216
- 157. Clap Around 218
- 158. Yeah! 218

Chapter 19

Listening 220

- 159. Critic..... 220
- 160. Food for Thought 221
- 161. Standing Ovation 222
- 162. Slow Dance 223
- 163. Syll-A-Ble 224
- 164. Name It..... 225
- 165. A Picture Is Worth a Thousand Words 226
- 166. The Storyteller Whisperer 228
- 167. Center of Attention 229
- 168. See-Hear 230

Chapter 20

The Coordinated Actor 231

- 169. Head Spinner..... 231
- 170. Mummified Frenzy 232
- 171. It's the Pits! 234
- 172. Questions in Motion 235
- 173. Chasing the Tail 236
- 174. Wheelbarrow Race 238

175. Air Ball	239
176. Beat the Beat.....	240

Chapter 21

Characterization	242
177. Radio	242
178. Body Alignment Investigation	243
179. Reflection of Self	245
180. Transcending the Character.....	246
181. Eye to Eye	248
182. Base Stealers.....	249
183. Bus Stop.....	251
184. Definition of Self	252
185. Journal.....	253
186. This Is Your Character's Life	254

Chapter 22

Spatial Awareness	256
187. Moments in Space	256
188. Zones of Influence	257
189. Musical Chairs Nightmare	258
190. Ball.....	259
191. Vacuum.....	260
192. Fetch!	261

Chapter 23

Making Specific Choices	263
193. Sugarcoated	263
194. A Story for Every Occasion.....	264
195. Raising the Stakes	266
196. Stronger and Stronger	268
197. From Start to Finish.....	269
198. Musical Chair Twister	270
199. Moon Walk	271
200. Prop Explosion	273
201. Out There	274
202. What's in the Bag?.....	275

Chapter 24

Releasing Inhibitions	277
203. Rapid Response	277
204. Location Change	278
205. Therein Lies the Rub	279
206. Hands Down	281
207. Animal Magic	282
208. Musical Chairs Pandemonium	283
209. Roll Over.....	284

Chapter 25

Mime	286
210. Mirror Ensemble.....	286
211. Morphing Ball	287
212. The Sounds of Music	288
213. Nonverbal Party	289
214. Charade Twister	290
215. Boxed In	291
216. In a Word	292

Chapter 26

Motor Skills	294
217. Eye Tag	294
218. Cat and Mouse	295
219. One Knee	297
220. Circle of Hands	298
221. 9-Ball	299
222. Penny Up the Wall	300
223. Needle and Thread.....	301
224. The Cannon Ball Runner	302
225. Ambidextrous	304

Chapter 27

Nonverbal Communication	306
226. Heavy, Yet Light.....	306
227. Building Rapport Exercise	307
228. Subtext	308
229. Greetings	310
230. Scene One	311
231. The Writing's on the Wall	312
232. Prison Breakout	313
233. Picture Perfect	314

Chapter 28

Thinking outside the Box	316
234. A Day in the Life of	316
235. Dance Tag.....	318
236. Chicken Blast	319
237. Magnetism	320
238. Body Parts.....	321
239. Hug the Cup Holder	322
240. Answer Back	323
241. Walk the Line.....	324

Chapter 29

Unlimited Possibilities	327
242. Third Time's a Charm.....	327
243. Movie Mayhem	328
244. Do You Love Me, Honey?	329
245. Everything but the Kitchen Sink!	330
246. Get Knotted.....	332
247. Jokers Wild	333
248. The World's Worst	334
249. Arm Extensor	335
250. Balancing Act	336

Chapter 30

The Storyteller	338
251. Poetry in Motion.....	338
252. Get Off	339
253. Monologue Marathon	340
254. Bull's-Eye	341
255. The Fortune-Teller	342
256. Poetically Speaking	343
257. Moment by Moment	345
258. Tangled Web	346
259. Sound F-X.....	347

Chapter 31

The Audience	348
260. Order, Order!.....	348
261. Corners	349
262. The Hot Seat	350
263. Body of Evidence.....	351
264. Body Double	352
265. Toilet Roll Nightmare	353
266. Body Mechanics	355

Chapter 32

Performance	357
267. Through the Lens.....	357
268. Cut!	359
269. Scene Mutation	361
270. Never-Ending Movie	362
271. Conversation Bites	363
272. Finger Puppet Frenzy	364
273. Space Filler	365
274. Topsy Turvy.....	366
275. The Soothsayer	367

Chapter 33

Monologues369

- 1. Forshizzling369
- 2. Toilet Roll Terror.....370
- 3. I Hate You371
- 4. Hairy Man Theory372
- 5. The Hot One373

About the Author375