

Introduction to Acting and Performance Skills for Adolescents

With Timothy Leahy, LICSW

Acting and performance skills can help build self-confidence and self esteem for success both on the stage and in their lives. Working closely with a small group of similar teens will provide a safe environment for them to discover and develop Creative interactive skills. This workshop will focus on three phases of the acting process that include:

Preparation and Exercise

Discovering individual talents and engaging in numerous entertaining and informative acting exercises – designed to sharpen acting skills and increase creativity and spontaneity.

- A. Movement quality exercises- Molding, Floating, Flying and Radiating (based on Michael Checkov's- "To the Actor").
- B. Improvisation , Comedy, Story-telling- Learning the basic skills of improvisation, stand-up comedy, story-telling.

Specific Scene, Monologue, Routine, Performance Selection

- A. Character Development- Sound and Movement Exercises, Utilizing own body of experience to create characters.
- B. Performance Selections based on each individual group members- specific talents and ability. Everyone involved.

Performance

Working on all rehearsal and production aspects of the performance itself.

- A. Feeling comfortable on stage: "Fourth Wall" exercises, The art of breathing and projection.
- B. Portraying emotions on stage. "Emotional Living Room" exercises.
- C. The Art of the Monologue: Final performances will be live, taped or filmed. (To be determined by group members).

This Workshop consists of eight 1.5 hr weekly classes, and will be held on Saturdays from 10:30 to noon. Please check with the DPC for session start dates.

Tuition: \$600 for 8 weeks (1.5 hours per week)