

ACTING EXERCISE: IMAGINATION #1

As people, we interact with objects everyday. You are interacting with an object (a computer, phone, or similar device) to read this exercise right now! Certain objects are more important to you than others. You might handle your diary differently than you handle a dog's chew toy. This is because we endow objects with meaning. Sometimes objects are very important to us, other times objects can be dangerous or completely new to us. Characters in stories interact with objects everyday too. It is important as actors to think about what each object our character comes into contact with means to them. Let's use our imagination in this exercise to explore what objects mean to a character.

1. Choose a character that you would like to portray in this exercise. Then go to a room in your house that has some objects lying around.
2. Use your imagination to endow different objects with different memories or feelings. For example, if you have a journal, maybe that is your character's childhood diary where they keep all their secrets. You can imagine what they have written in that diary over the years. Or if you have a soccer ball, maybe your character is bad at sports, and the soccer ball brings up bad memories for them.
3. Once you have figured out your character's relationship to that object, then start to explore what it is like to use that object knowing how your character feels about it. Maybe you write a diary entry in your journal and begin to feel emotional. Maybe the soccer ball makes you upset because you aren't great at soccer. Play around with all the possibilities of different ways your character explores interacting with objects that matter to them!