

ACTING EXERCISES:

IMAGINATION #2

So much of acting is using your imagination. There is only so much information given in a script about a character, so it is up to you to imagine and create the backstory that makes up a character's life. You can practice using your imagination and creating backstories with this simple exercise.

1. Pick a person and watch them closely. This can be anyone! It is better if it is someone that you do not know, because then you have more room to imagine. Maybe turn the TV onto a random channel and pick the first person that you see.
2. Next, notice all of the details of what they're wearing: their hair, the pitch of their voice, their laugh, etc. Now, imagine where they would live. House or apartment? How is it furnished? Do they have a lot of dishes or just one or two? Are there pictures of people in the living room? If so, who are they? What job does this person have? Do they like it? What kind of money do they make? Are they comfortable or do they need more? Are they lonely or do they want more time alone? What do they dream of at night? What do they long for? And on and on – as many questions you can think of asking until that person comes alive for you in a specific, real, and heartfelt way.
3. Now, repeat! Do it again and again until your eyes and ears are razor sharp from observing and your brain aches a bit from the exertion of all of your imagining.
4. What a wonderful way to spend a morning, afternoon, or evening, and what good you have done your creative soul and brain! When you take the time to wonder what life is like for others in this detailed way, you are expanding the parameters of your own imagination, and there are so many ways that an active and well-oiled imagination can help your work. Your concentration is improved, your focus is laser sharp, and all of your decisions are more specific.