

Theatre Virtual Learning

Acting 3 & 4

Sensory and Emotional Recall

May 12



Lesson: **May 12**

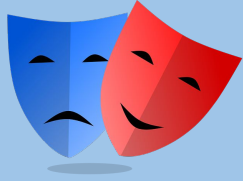
Objective/Learning Target: Understanding how to utilize sensory recall



Sensory & Emotional Recall

Let's Get Started / Warm Up Activities:

What do you think the difference is between sense memory and emotional memory?



Sensory Recall

VISION

HEARING

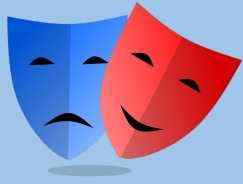
SMELL

TASTE

TOUCH



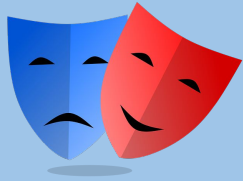
- Yesterday, we covered Emotional recall. It involved remembering emotions you felt in the past and substituting them for the stage events.
- Sensory recall involves the remembrance of an event that happened in your real life that you can substitute for the events happening on the stage.
- This involves remembering sights, sounds, tastes, smells, and things you have touched or felt.



Sensory Recall



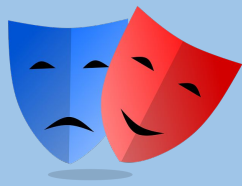
- When trying to portray using one of the senses, most people use the entire body as having experienced the sense. It looks like fake acting.
- For example, if they need to be cold, they act cold all over or if they are “drunk” they stumble, have poor diction, and act drunk all over. It simply looks overacted and ridiculous.



Sensory Recall



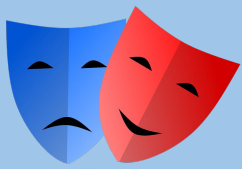
- A better way to use sense memory is to localize one area of the body to concentrate on.
- The following slides will give you examples of how to elicit and use your sense memory.



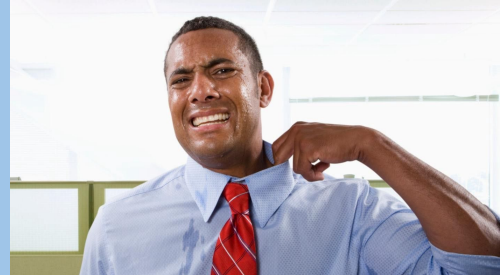
Sensory Recall Example: Cold



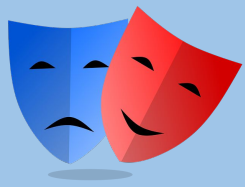
- Do not think cold all over. Do not think “Brr. my body is cold”.
- Come up with one spot on your body that would elicit the biggest reaction for you.
- What area of your body gets cold easily and would send shivers down your spine?
- Think about that spot--maybe the back of your neck. Think about someone putting an ice cube there. Think about how as the cube melts, the cold water will run down your entire neck and into your shirt, down your back.



Sensory Recall Example: Hot

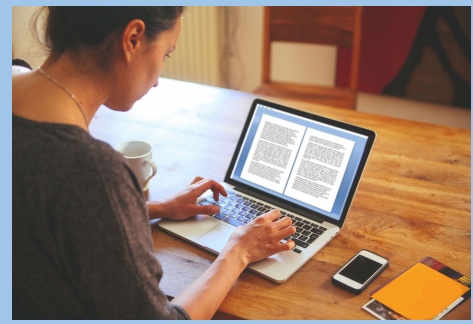


- Remember, your whole body is not hot.
- Where does your body get hot the fastest?
- Which part of your body being hot really affects you?
- Maybe it is your armpits, maybe your feet, maybe under your hair.
- Think about the sweat from, for example your armpits. The sweat has totally overwhelmed your anti-perspirant and it is running down the sides of your body. You pull at your shirt to let cooler air seep in. The sweat is trickling down so you need to wipe it.
- If you truly feel that area as sweltering, the rest of your body will follow.

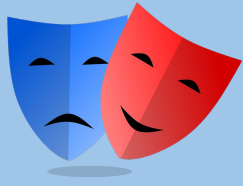


Sensory Recall

Example: Fatigue



- First, you have to know why you are tired and where on your body it affects most.
- Consider when you have been sitting at a computer for hours. Your neck and back has tension across the shoulder blades and up the neck.
- Get up, stretch, rotate your head to stretch out your neck.
- Roll your shoulders and try to relax the muscles
- You will feel exhausted by doing these familiar things.

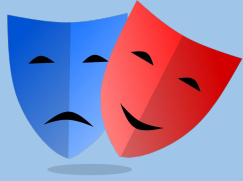


Sensory Recall

Example: Fatigue



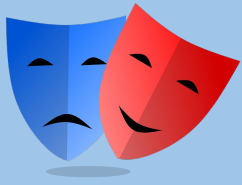
- In another tiring situation, consider you have been at an amusement park all day.
- You have been walking for hours on a hot day.
- You have stood in the long lines for hours
- You did not make the best choice in shoes
- Your feet are hot and sore and more tired than any other part of your body
- Walk gently on your feet to alleviate the soreness and burning. Rotate your ankles and stretch out your arches.
- The rest of the body will follow



Sensory Recall

- For these senses, it is the most important to localize the area of your body that will elicit the strongest sense memory for you.
- Do not fall into the trap of overacting and giving your entire body the sensation.





Practice: Applying a Concept

- Go back through the examples and try some of them. Pick the one you think you do best.
- Video yourself doing it.
- Watch it and see if you think the acting looks real or if you need to make adjustments.

