

Theatre Virtual Learning

Acting 3 & 4

Sensory and Emotional Recall

May 13



Lesson: May 13

Objective/Learning Target: Understand sensory recall

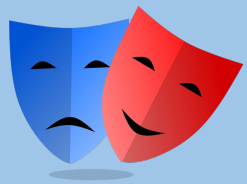


Sensory & Emotional Recall

Let's Get Started / Warm Up Activities:

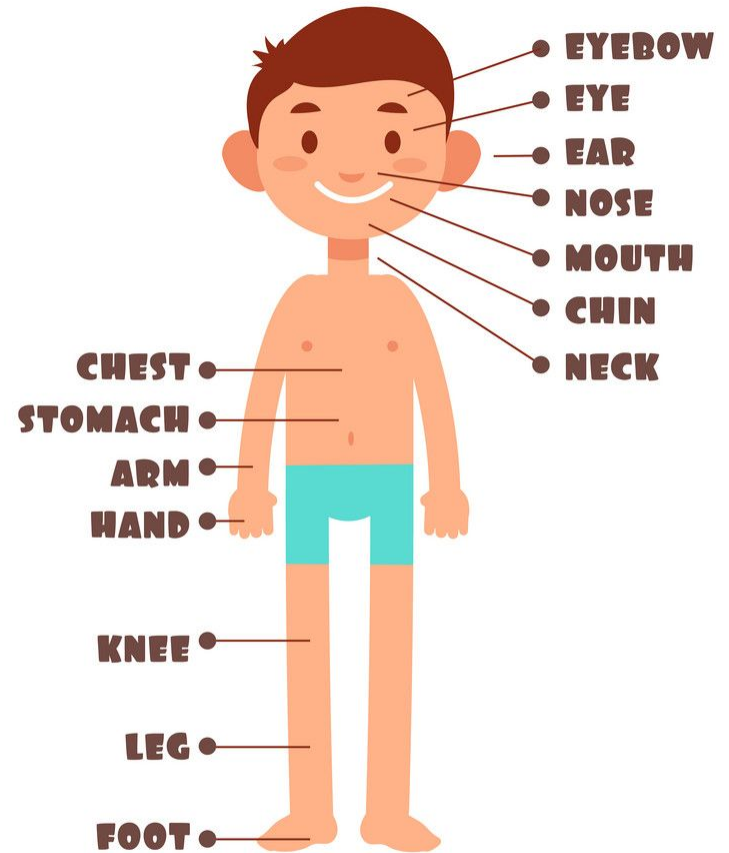
When you are sick with a bad cold, what areas of your body are affected?

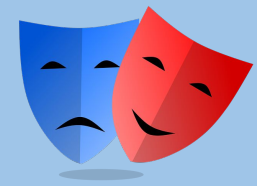
What is the difference when it is the flu?



Sensory Recall Review

- Yesterday the lesson went over examples of how to act cold, hot or fatigued.
- More examples of how to use sense memory are in the following slides.
- What they all have in common is that you must inflict the sensation on one place.



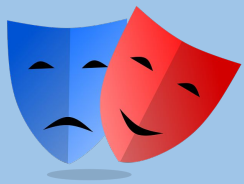


Sensory Recall

Example: Sickness



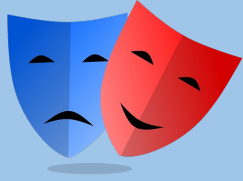
- When you need to act like you are sick on stage, instead of just being generally droopy and faking a cough or sneeze, do this:
 - Analyze the exact aspect of sickness you want. For instance, a cough.
 - Exactly where in the throat is the tickle? Pinpoint that spot and you have to cough to relieve that tickle.
 - If you need a stuffy nose: Think about the swelling in the back of your throat (uvula) and try to swallow as you contract the uvula. Your nose will immediately feel stuffy and you might actually be able to blow it.



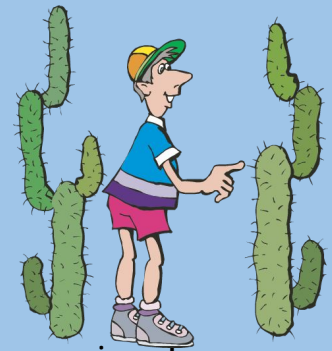
Sensory Recall Example: Burn

- First isolate the exact spot you have burned yourself.
- Let's assume it is the tip of the pointer finger.
- Remember the tight feeling of the skin on the fingertip
- Remember the ache
- Blow on it, shake the hand to ease the pain
- You will be convinced you just burned it and want to rush to the cold water to cool it.

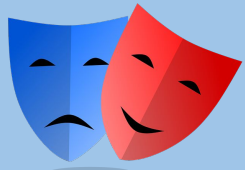




Sensory Recall Example: Pain



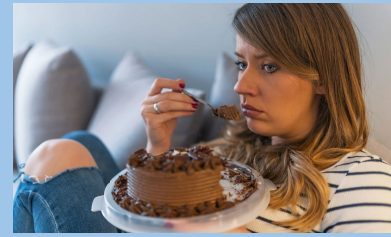
- First, pinpoint the spot on your body you have injured
- Know exactly how you got injured (needle stick, smashed against a hard object, cut with a knife...)
 - Think about that sensation of the needle jabbing into that spot on your hand and the immediate sharp pain that follows
 - Think about mindlessly walking along and smashing your little toe into the leg of the furniture. How the intense pain immediately fills your toe and goes up into your foot, how you cannot step back down on that toe, how you reach for it and rub it trying to alleviate the pain running through it.
 - Think about the first moment ;the cut occurs. Exactly how thick and deep it went. How you grab your hand, but know you have to look for blood to see how bad it is. How when you put medicine on it how it burns.

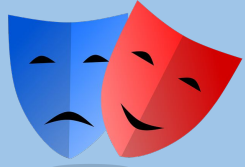


Sensory Recall Example: Taste

Many shows require eating on stage. There are several problems when it comes to eating

- Food left out on a prop table waiting for the scene will be tepid, at best.
 - Ice cream will melt, so it is probably mashed potatoes.
 - Foods that should be hot are not.



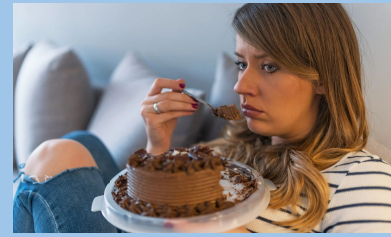


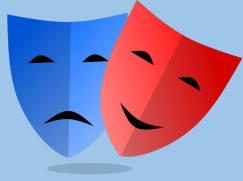
Sensory Recall Example: Taste

What actors must do is give the food they are given the properties of the food it is supposed to be.

When eating those mashed potatoes instead of ice cream, remember the cool, sweet, creaminess of ice cream. How you first take that bite and the taste buds that love the sweet flavor react. How you savor the flavor on your tongue and let it slide down your throat.

Analyze exactly how you eat the food that it is supposed to be and use sense memory to give it those properties.





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.