



Theatre Virtual Learning

Acting 3 & 4

Theatre Talks: “How I Beat Stage Fright”

May 8, 2020



Lesson: May 8, 2020

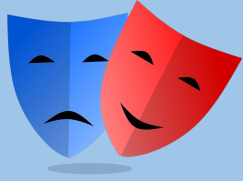
Objective/Learning Target: The student will analyze a TedTalk from a performer and discuss how to overcome stage fright.



Theatre Talk: Creating Spaces that Move You

Let's Get Started / Warm Up Activities:

Take out a piece of paper. Draw a picture (literal or figurative) of your fear. On the back of the picture write how the fear affects you. (What happens to your voice, your body, your heart rate....etc.)



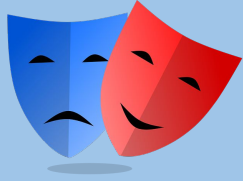
Lesson/Activity

Today, we will do a Theatre Talk!
This talk will be lead by Joe
Kowan. So, first who is Joe?

Do you know? If not, read below:

[Joe Kowan, Performer](#)



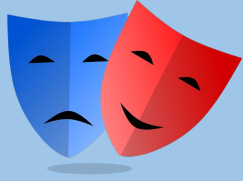


Lesson/Activity

To start this activity please watch the video.

[How I beat Stage Fright](#)



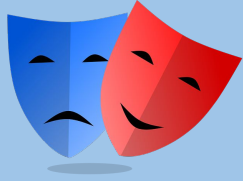


Lesson/Activity Continued

Next, consider the following questions:

1. What was Joe's irrational fear? What did he decide to do on his 30th birthday?
2. What happens when you experience fear?
3. What motivated Joe to continue performing even though he was suffering from major stage fright?
4. How did Joe use his stage fright to fuel his performance?
5. How did Joe use HUMOR to share his story? What was one of your favorite "jokes" that he told?





Practice: Applying a Concept

1. Write out or share with someone your WHY of performing. What do you love about being on stage? Why do you do it even though you feel fear?
2. Go back to your picture that you drew of your fear. Stand up, hold it in front of you, yell at it and to the world, “YOU WILL NOT DEFINE ME!” Do this as many times as you need to until you believe it! Then, rip up the picture. Fear WILL NOT define you!