

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# MAKE A MOVIE MONOLOGUE PROJECT: *step 2* STEPPING INTO CHARACTER

Now it's time to start exploring how your character walks, talks, sits, thinks, etc etc...

The only way to do this is to experiment and use your body in ways you may not be use to, so get on your feet and start moving!

## *walking + moving*

Follow the questions below, try it out and see what feels right for your character, then make some notes so that you don't forget!

### HEAD, FACE + NECK

Think about how your character's face shows emotions/feelings.

1. Does the character show their emotions clearly on their face or do they mask their feelings (i.e. have a "poker face")?
2. Does the character look others in the eye, or do they look away, down, or in another direction? *Why? (This is a good indicator of your character's confidence level, or else if they're lying or distracted.)*
3. Does the character have a signature facial expression, or "resting face"? Do they tend to smile, sneer, grimace?

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## MAKE A MOVIE MONOLOGUE

### PROJECT: *step 2*

#### STEPPING INTO CHARACTER CONTINUED

### UPPER BODY: SHOULDERS, ARMS, HANDS, CHEST

1. Does the character have good posture? Do they stand up straight or slouch?
2. Does the character swing their arms when they walk, or hold them tightly at their sides? Do they cross their arms, hug themselves, or wring their hands?
3. How big are the character's gestures? Are they expressive? Do they use their hands while they speak? Do they always play with their hair or keep their hand in their pockets?
4. Does the character breathe deeply or take shallow breaths?

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### LOWER BODY: LOWER BACK, HIPS, PELVIS, LEGS, FEET

1. Does the character move slowly or quickly? Why? Do they limp or stumble?
2. Is the character light on their feet or do they plod and stomp along?
3. Do they lift their feet when they walk?
4. Do the character's feet turn inwards or outwards when they walk?
5. Do they walk heel-first or toe-first?
6. Does the character need assistance to move? Do they walk with a cane, crutch, walker?
7. How old is your character? (A twelve year old, a fifty year old, and an eighty year old will all move differently.)

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## MAKE A MOVIE MONOLOGUE PROJECT: *step 2*

STEPPING INTO CHARACTER CONTINUED

### *hot seating*

Now it is time to fully become your character! After all, we are actors so it is time to get acting!  
 So this is what you need to do.

**STEP 1** Ask someone at home to be your interviewer. *This could be a parent, sibling, grandparent, whoever is there and has a bit of time to help you.*

**STEP 2** Get something to film with. *An iphone/smartphone, tablet, camera ... remember to ask permission*

**STEP 3** Ask your interviewer to record you whilst they ask you the questions below.

**TIPS:** Make sure to record horizontally not vertically.  
 Find a good place to film without many distraction or too much noise.  
 Stay in character the whole time! Walk, talk and think like them and answer the questions in character as well as you can.  
 Practice; you can practice answering the questions a couple of times before you record so that you have more time to get into character and feel more prepared.

### THE QUESTIONS:

1. What is your name and how old are you?
2. Where do you live?
3. Who do you live with?
4. What is your favourite food and why?
5. What hobbies do you have?
6. Do you have any pets?
7. Are you happier alone or with other people and why?
8. Who is your favourite friend or family member and why?
9. What are you surprisingly good at?
10. If you won the lottery, what would you do with the money?
11. If you could have any super power what would it be and why?

### *what next?*

When you've recorded your hot seating exercise, send it over to us, we would love to see them!  
 You and your parents could share your character on social media, if you do be sure to tag us and include #lockdownproject  
 The next steps of the project are almost complete and will be sent to you soon!