



Sylvia Love Johnson

# **The Ultimate Actor's Warm-Up**

METHOD ACTING TUTOR



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# INTRODUCTION

To get started right now and be Character-Ready in 15-45 minutes skip this section and go directly to the **Exercises**

**The Ultimate Actor's Warm-up** will relax, condition and energise your body, mind and soul. It will enhance your creativity and awaken your senses.

After completing this warm-up, you will find yourself feeling vibrant with new energy, ready to take on the next part of your day, a rehearsal, an audition, an acting class, film shot or a performance. You will be like an inspired artist equipped with paint, brushes and looking at a fresh canvas, ready to create.

**How to use this book.** You can choose to do the exercises in the recommended sequence, 1-15. You can also pick your favourite exercises or choose the ones that have a closer affinity with the activity that will follow or best suit your immediate needs. For instance, if you are working on a character for a method acting class you might want to do the specific method acting exercises, but always include the physical and vocal warm-up sections. You can make this warm-up last 15 minutes, 30 minutes, 45 minutes or 60 minutes. Depending on your needs and schedule. Within each chapter of this book, you will find the following sections

**Section One:** The Warm-up Exercise fully explained with specifications and time needed to complete

**Section Two:** Brief explanation of the Objective

**Section Three:** A detailed explanation of the health and overall Benefits of the exercise.

Some chapters also contain Tips, Notes

Even if you are not preparing for a specific role or acting activity it will still be very beneficial that you do this warm up as a routine 2-4 times per week to keep in top performance form, fit and healthy, body, mind and soul. Apart from the fact, this warm-up is super fun and relaxing.

Most exercises in this book are to be performed for 1-3 minutes each. Some require up to 7 minutes.

The Ultimate Actor's Warm Up includes Meditation, visualisations, voice and vocal conditioning, physical warm-up, stretching, fitness, concentration and character in-depth approach, method acting preparation.

**Preparing for your warm up.** Ensure that you are wearing conformable clothing and allow no distractions. Switch off your phone, and find a cosy space where you will not be disturbed. You might want to dim the lights and apply relaxing music for some of the sections. Make sure your space is free of





clutter, safe as large and as neutral as possible. Relax and set your mind in a receptive mode with your intention. Before you start to visualise yourself getting exactly what you want to get out of the practice.

If you are travelling or on tour, this is the perfect companion to take with you for quick and thorough prepping. The warm-up will help you relax, focus and get ready to perform at your highest level. Don't skip it.

### **In Group Sessions**

This warm-up is designed to be performed on your own but it can also be applied to group sessions. You will find the group version exercise section on the chapters where a different explanation is needed when performed in a group.

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## **1. LAUGHTER**

Performance Duration 1-3 Minutes

### **LAUGHTER SESSION**

Start laughing and continue to laugh for a total of 1-3 minutes. Produce different types of laughter at different tones, pitches and voices. Do so taking care not to strain your vocal cords. Let the laughter flow without forcing it or straining your voice.

#### **Objective**

Relaxation. Improve your mood. Boost confidence. Raise your level of energy. Loosen your body. Full body stimulation.

#### **Benefits**

Laughter will boost your oxygen intake and release endorphins, the feel-good hormones that make us happy.



Laughter is a stress-reducer, immunity-booster, heart-helper, and confidence-builder.

When feeling tired or lacking in energy laughter awakens your entire body. It energises you and refreshes you. Laughter increases your immunity. It strengthens and promotes heart health by reducing blood pressure and improving blood flow.

### Tip

I highly recommend practising this exercise or finding funny things to laugh heartily about all day long, 1-3 minutes of laughter can go a long way.

**"I LOVE PEOPLE WHO MAKE ME LAUGH. I HONESTLY THINK IT'S THE THING I LIKE MOST, TO LAUGH. IT CURES A MULTITUDE OF ILLS. IT'S PROBABLY THE MOST IMPORTANT THING IN A PERSON." — AUDREY HEPBURN**

**"LAUGHTER IS THE TONIC, THE RELIEF, THE SURCEASE FOR PAIN." — CHARLIE CHAPLIN**

## 2. MEDITATION

Performance Time: 3-7 minutes

### 7 MINUTES MEDITATION

Light a candle. Incense or essential oil diffusers can be useful too. Play some soft meditation music.

Sit down comfortably with your spine upright Close your eyes. Now take a few deep breaths. Focus on your breathing.





Now see each part of your body from toes to head, slowly surf your body with your inner eye, allowing each part to relax, as you pass by each body part. With your mind ask your body parts to relax and feel how the tension is released more and more with each breath.

Now imagine roots appearing from your feet, diving deep into the ground going deep into the centre of the earth. Now see a string of light floating from your head reaching out to the universe.

Now see a red light from the Centre of the earth reaching up through your roots and into your body energising you, filling you with creative power.

Now see white light from the universe enveloping your whole body, relaxing you, giving you a sense of lightness and freedom.

### Objective

Deep relaxation. Deep focus. Attentiveness. A state of neutral. Becoming a blank canvas ready for inspiration and creation. Faster and accurate processing of information. Improving memories formation. Enhancing creativity.

### Benefits

Meditation will improve your focus, attention, and your ability to be inspired and to create. Meditation improves information processing and decision-making. Meditation gives you mental strength, resilience and emotional intelligence through the process of controlling the mind.

**"THIS IS A DONUT. IT IS VERY SWEET, AND VERY GOOD. BUT IF YOU'VE NEVER TASTED A DONUT, YOU WOULDN'T REALLY KNOW HOW SWEET AND HOW GOOD A DONUT IS... MEDITATION IS LIKE THAT. TRANSCENDENTAL MEDITATION GIVES AN EXPERIENCE MUCH SWEETER THAN THE SWEETNESS OF THIS DONUT." - DAVID LYNCH**



## 3. FULL BODY STRETCHING

Performance time: 7- 15 Minutes

### 7-15 YOGA SUN SALUTATIONS



The Sun Salutation, or Surya Namaskar, is a complete yoga practice.

The poses lengthen and strengthen, flex and extend most of the main muscles of the body while distributing the energy flow throughout the system. It is a yoga sequence with 11 positions or consecutive moves. This is the perfect exercise to keep fit without needing anything else. Do 7-15 Sun salutation daily for optimum health and fitness.

Take a look at this illustrated sequence for a quick reference help you. You will find the explanation of each position below. It is super simple to complete.

Sun Salutations are a great way to energise the body especially first thing in the morning. You can do this every morning aside from your acting warm-up.

You can do 3-7 Reps for your warm-up.

You will quickly feel your heart rate increasing. The Sun Salutations will improve blood circulation, purify your blood, and strengthen the physical body.



The lungs, digestive system, as well as muscles and joints, will benefit from practising. This practice also increases the vital energy in your body, which helps remove energy blockages. A series of Sun Salutations can be an excellent cardiovascular exercise for a full body workout.

### Objective

Fitness, flexibility. Stretching. Body Conditioning.

**Note:** Our emotions reside in the solar plexus, in the chest area and is also the place from where gut feelings arise from. The size of the solar plexus, the energy centre is believed to be as small as a gooseberry. However, for those who practice yoga, it becomes four times bigger. An expanded solar plexus leads to mental stability and enhanced intuition.

### Benefits

The different parts of the body are governed by different Devas (divine impulses or divine light). The solar plexus (located behind the navel, which is the central point of the human body) is believed to be connected with the Sun. This is the main reason why this practice is recommended. The regular practice of this technique enhances the solar plexus, which increases one's creativity and intuitive abilities.

### The Importance of Stretching

Stretching is important for flexibility, range of motion and injury prevention. Incorporating stretching in your daily routine is an important part of your health and body conditioning. Stretching relaxes your muscles and increases blood flow and nutrients to your cartilage and muscles.

### Top 10 Health Benefits of Stretching

- Encourages Optimism due to the release of tension
- Helps correct posture by lengthening tight muscles that pull areas of the body away from their intended position.
- Enhances flexibility and range of motion.
- Increases stamina, by loosening your muscles and tendons stretching relieves muscle fatigue and increases blood flow.
- Reduces the risk of injury by helping you
- direct greater nutrient supply to your muscles.
- Improves energy levels.
- Promotes blood circulation.
- Improves physical performance
- Reduced soreness.



- Reduces cholesterol.

### Sun Salutations

To do a perfect Sun Salute follow these 10 easy steps. Surya Namaskar, or Sun Salutation, is a series of postures that warms, strengthens, and aligns the entire body.

Transition into the next pose each time you inhale or exhale. Start with 3 or 4 repetitions and gradually build to 7 or more or set a timer starting with 3 minutes and gradually increase to 7.

Start by moving slowly at first then increase your speed comfortably. Direct your focus to a point in your body such as your third eye, (the centre of your forehead between your eyebrows) your heart or your solar plexus and keep your attention in the point for the duration of the practice. Fast movement is stimulating, slow movement is calming.

### Before You Begin Warm Up by Standing up in

(Mountain Pose) simple standing position with your palms pressed together in (Salutation Seal). Focus for a few seconds on the inner sun in your heart. Your inner sun represents the light of consciousness. Dedicate your practice to this light.

### Sequence:

#### 1. Tadasana (Mountain Pose)

Stand with your feet slightly apart and parallel to each other. Stretch your arms (but not rigidly) down alongside your torso, palms turned out, shoulders released.

#### 2. Urdhva Hastasana (Upward Salute)

Inhale and sweep your arms overhead in wide arcs. If your shoulders are tight, keep your hands apart and gaze straight ahead. Otherwise, bring your palms together, drop your head back, and gaze up at your thumbs.

#### 3. Uttanasana (Standing Forward Bend)

Exhaling, release your arms in wide arcs as you fold forward. Bend your knees if you feel pressure on your lower back and support your hands on blocks if they don't reach the floor. Release your neck so that your head hangs heavily from your upper spine.

#### 4. Ardha Uttanasana (Half Standing Forward Bend)

Inhale and push your fingertips down into the floor, straighten your elbows, then lift your front torso away from your thighs. Lengthen the front of your torso as you arch evenly along the entire length of your spine.

#### 5. High Lunge

Exhale and step your right foot back into a lunge. Centre your left knee over the heel so that your shin is perpendicular to the floor, and bring your left thigh parallel to the floor. Firm your tailbone



against your pelvis and press your right thigh up against the resistance. Inhale, reach back through your right heel. Lengthen the torso along the front of the left thigh. Look forward without strain.

#### 6. **Adho Mukha Svanasana** (Downward-Facing Dog Pose)

Exhale and step your left foot to Down Dog. Spread your palms and soles. Press the front of your thighs back as you press your inner hands firmly against the floor. Imagine that your torso is being stretched like a rubber band between the arms and legs.

#### 7. **Plank Pose**

Inhale and bring your torso forward until your shoulders are over your wrists. Your arms will be perpendicular to the floor. Try not to let your upper back collapse between the shoulder blades: press your outer arms inward, and then—against this resistance—spread your shoulder blades apart. Firm your tailbone against your pelvis and press your thighs up.

#### 8. **Chaturanga Dandasana** (Four-Limbed Staff Pose)

Exhale as you bend your elbows and lower down to Chaturanga with your torso and legs parallel to the floor. Keep your shoulders lifted up, away from the floor, and down, away from your ears. Lift the thighs away from the floor, lengthen your tailbone toward your heels, and draw the lower ribs away from the floor to avoid collapsing your lower back. Look down at the floor or slightly forward. If you can't maintain your alignment, place your knees on the floor until you have built more strength.

#### 9. **Urdhva Mukha Svanasana** (Upward-Facing Dog Pose)

Inhale, straighten your arms, and sweep your chest forward into Up Dog. Keep your legs active, firm your tailbone toward your heels, and press your front thighs upward. Draw your shoulders away from your ears. Look straight ahead or look slightly upward.

#### 10. **Adho Mukha Svanasana**

Exhale back to Down Dog. To finish the Sun Salutation, step the right foot forward into a Lunge, then inhale into Ardha Uttanasana and exhale into Uttanasana. Inhale into Urdhva Hastasana and exhale to Tadasana. Observe your body and breath.

End by devoting at least 1-3 minutes of your total practice time to Savasana (Corpse Pose).

**YOGA IS THE JOURNEY OF THE SELF, THROUGH THE SELF, TO  
THE SELF – THE BHAGAVAT GITA**



## 4. RELEASING THE BODY

Performance time: 1 Minute

### SHAKING VIGOROUSLY

Start carefully head rotation.

Do 2 slow full circles to the right and 2 to the left.

Arms rotation.

Rotate both arms inwards 5 times and then outwards 5 times.

Proceed with a vigorous body shake.

If you have enough space continue by running from one side of the room to the other at full speed then come to a sudden stop repeat 3. If you have limited space shake your body vigorously all parts especially arms and legs be very careful with your neck. Come to a sudden stop. Begin releasing emotions with a sigh sounds and then, while standing firmly drop head down from the waist down, touch the floor with your hands, releasing all your energy with sighing. Repeat 3 times.

#### Objective

Releasing tension. Energising. Stress management.

#### Benefits

Shaking is the best way to release stress from your muscles, lubricate your joints and get your circulation going. It relieves anxiety, reduces tension, lets your thinking mind take a break and releases holding patterns so your natural, healthy energy can move freely.

Shaking is one of the natural ways your body gets rid of stress.

#### Note

Stress sticks in your body like glue. Stress hormones, muscular tension and tight shallow breathing stay in the body after even mildly stressful events. The damaging effects of stress remain in your body until you release them. As an actor, you face stressful situations very often. This is a stress release method that you can take with you and use at any time. It's fast and efficient.

This is a natural and powerful healing mechanism which we used as kids until we were taught that we must stay still. It releases emotional tension. It is a great exercise. It releases you from the bondage of adulthood for a few seconds. It releases pain. Pain is often caused by tension.

#### Tips

- Breathe. Let your breath be full and easy. Breathe away tension and





- Do it at your own speed.
- Let yourself go and let everything shake, wiggle and shimmy.
- Shake off whatever is weighing you down. Consciously shake off upsetting conversations, worries and problems.
- Dance shake to your favourite music, drums or other percussion instruments.

**ACTING IS STANDING UP NAKED AND TURNING AROUND VERY SLOWLY.- ROSALIND RUSSELL**

## 5. FACE WARM UP

Performance Duration 1-3 Minutes

### MAKING FACES

Stretch your face muscles in all directions possible.

### MICRO-MUSCLE FACIAL CONTROL

Start by scrunching up your face as you've just eaten something really bitter. Get your face as small and wrinkly as possible hold that for 10 seconds. Now stretch your face with the widest emotions, hold for 10 seconds and repeat several times.

Now gently massage your face.

Now Stretch your tongue side to side up and down.

#### Objective

Face and tongue conditioning.

#### Benefits



It's key in your ability to express emotions accurately.

We have 57 muscles in our face and neck regular facial exercises, toning and tightening the muscles in your face can help reduce wrinkles from appearing, improved your skin tone, reduce muscles tension, give you a firmer jawline, fewer headaches and less eyestrain. Massaging and purposeful moving to your facial muscles two to three times a week helps with detoxification and increases oxygen and blood circulation.

**ACTING IS BEHAVING TRUTHFULLY UNDER IMAGINARY CIRCUMSTANCES.- SANFORD MEISNER**

## 6. HEAD MESSAGE

Performance Duration 1-3 Minutes

### MESSAGE

With your fingertips applying a circular motion massage to your head. Follow these instructions.

1. Find a relaxing place to sit.
2. Leave your hair loose run your hands through from front to back. Applying downward pressure using the tips of your fingers, move in a straight motion pay attention to the bumps and indents in your scalp. Use a healthy amount of pressure but not too much. Make sure that you feel no pain or discomfort.
3. Use a circular motion from front to back. Use the tips of your fingers to make small circles across your scalp. Maintain a gentle and steady level of pressure.
4. Now reverse the direction. Move from the back of your head to the front both in the straight and the circular motions. Starting at the bottom of your hairline and coming forward to the crown.



5. Next cover the sides of your scalp. Start on the left at the front. Move straight up and down, then repeat in circles. Move to the base of your head on the left side. Repeat for the right side, doing both the front and back halves.

6. Place your hands on your scalp and move your arms. Spread your fingers and make your hands into C's. With your hands on the sides of your head and your thumbs just above your ears move your arms forward and back, keeping your fingers in place on your scalp. You will feel your scalp moving forward and backwards a little when you move your arms.

7. To finish rub your ears. Lift your hands up so they're right behind your ears. Make gentle circles around your ear with your thumbs. Pay special attention to your ear lobes. This is a relaxing way to finish this part of your warm up.

### Objective

Relaxation. Attention. Focus.

### Benefits

A scalp massage releases tension in your forehead, neck. They are a powerful method for relaxation.

- Helps prevent migraines, headaches and back pain.
- Promotes hair growth.
- Detoxifies the body by stimulating lymphatic drainage.
- Relieves sleeplessness, restlessness and insomnia.
- Relieves symptoms of anxiety and depression.
- Renews energy levels.
- Boosts memory capabilities.

**WITHOUT WONDER AND INSIGHT, ACTING IS JUST A BUSINESS.  
WITH IT, IT BECOMES CREATION.- BETTE DAVIS**



## 7. VOICE CONDITIONING

Duration 3- 7 minutes

### BREATHING

Start this part of your warm up with breathing relaxation. Breathe slowly focusing on your Breathing. Inhale with a count of 5 stop for 5 seconds, exhale with a count of 5 seconds, hold for 5 seconds and repeat 5 to 10 times.

This breathing exercise releases tension often associated with the breathing mechanism that can interfere with effective voice projection.

Ensure your shoulders and chest are low and relaxed. Repeat focusing your breaths in the abdomen. There should be no chest, neck, or shoulder tension while you breathe. You can place one hand on your abdomen to remind you to keep the focus low and away from the chest and shoulders. Hold an “s” sound like in hiss when you exhale.

### HUMMING

Take an easy breath in and exhale while saying “hum”. Begin with the nasal sound /m/ and gently glide from a high to a low pitch as if you were sighing.

### NASAL SOUNDS

After the breathing, explore emitting nasal sounds start with nasal humming then stretch the sound in all directions, varying in pitch, vocal stretch quality of sound.

#### Objective

Improving the quality of the sound produced by your voice.

#### Benefits

This short vocal warm-up improves the quality of the sounds you make and helps prevent vocal injury. Humming it's one of the best all-around vocal exercises. Humming can be done almost anytime, anywhere the tone emerges from the nasal passages and not the mouth.



**THE BEST ACTING IS INSTINCTIVE. IT'S NOT INTELLECTUAL, IT'S NOT MECHANICAL, IT'S INSTINCTIVE. - CRAIG MACDONALD**

## 8.VOICE EXERCISES

Duration: 3 -7 Minutes

### VOICE WARM-UP

Before beginning voice exercises, a good warm-up routine (exercise 7) is important it allows the muscles to activate and can reduce strain during a performance or exercise sessions. Your warm-up consists the breathing, nasal sounds and humming described in exercise 7. Additionally, you can include 30 -60 seconds of tongue rolls 30-60 seconds of lip rolls.

### VOICE EXERCISES

Start by stretching your tongue. Stick your tongue out, point up and down. Brace the tongue behind the front bottom teeth and push the centre out. The following massage the muscles of your jaw and face to reduce tension. Stretch the neck carefully by leaning to the sides, front and back.

Now make sounds quietly and slowly while sticking your tongue out, pant to open up your breath. Continue by flapping your lips by blowing air and producing a “BEE” or BRR” sound.

Yawn widely to stretch the jaw. Smile while you are yawning. Make a sighing sound for as long as you can.

### BREATHING

Focusing on your breathing during the exercise.

Visualise each breath travelling down into your lungs with each inhale and each time you exhale. Stay relaxed throughout. Seek to reduce tension in the neck, shoulders, jaw, back and stomach.

### POSTURE



For an optimum voice ensure that your body posture is erect yet relaxed. Throughout breathing and voice exercises, the spine should be straight, the head facing forward and the crown of the head parallel to the ceiling. This posture supports the body's respiratory system.

### Objective

Voice ranges can be improved and modified with better posture, body control, and breathing. An actor's voice is one of their main tools. The voice must be nurtured through training and understanding.

### Benefits

We create meaning by vibrating air. It is important that as an actor you understand the mechanics of your voice to make your training the most effective possible. The human sound starts with breathing. Our diaphragm muscle pulls downward and our rib cage expands outward, allowing our lungs to fill with air that can be funnelled upward to vibrate our vocal cords. Your voice is not an isolated tool it requires the coordination of the entire body. Warm-ups prepare you for the intense vibrations. Controlled, steady vocal exercises will increase acid in the muscles surrounding your vocal folds, which helps those muscles work more effectively. Voice exercises are good for strengthening areas of your voice. Voice warm-ups also keep your voice in good shape. Just as with other muscles in your body, you need to develop your speaking muscles as they become stronger and more efficient.

**THAT'S WHAT MAKES ACTING SO ATTRACTIVE. YOU GET TO  
BREAK ALL YOUR OWN RULES. -GERARDINE CLARK**

## 9. GIBBERISH

Performance Duration: 1-3 minutes

### BLABBER ON

Blabber on for 30 seconds to 3 minutes. Completely super expressive *Gibberish* Commence gibberish. Imagine you are having an in-depth meaningful conversation or giving a powerful speech. Do not think about what might be that you are saying, just blubber on gibberish with great conviction, passion, feeling, explore different drives. Explore a wide range of emotions, try to tackle as many





emotions as possible. Change, tone, pitch, rhythm etc. Make sure you don't hold tension and ensures that you are releasing tension with your speech.

## MORE GIBBERISH EXERCISES

### Group and Solo Gibberish – Activity for Vocal Expression.

a) Improvise a scene, completely in gibberish. The scene should be perfectly clear to the audience we should be able to guess every gibberish sentence, and the story should make sense.

Establish Who (is in the scene), What (is happening). Enact the scene and the

b) Attempt parts of the text in full gibberish. This is a good warm-up for vocal expression and body language.

Useful for increasing vocal range, expressive physical language and volume. It also encourages engagement and discussion.

#### Objective

Enhanced facial expression. Enhanced Body language. Vocal expression. Enhanced creativity. Concentration and focus.

#### Benefits

The Benefits of the Gibberish expressive meditation are: Releasing emotional turmoil from body and mind, excellent for our overall well-being. Transforming victim into empowerment, freeing ourselves from mental/emotional prisons. In your acting practice, you develop a freer character with enhanced confidence and limitless creativity. You will find improvisation more fluid. Emotions flowing more consistently and with ease. Your expressions and body language are the most believable and real. You are able to create from a clean canvas every time you use this exercise. You feel focused.

**GIBBERISH IS ONE OF THE GREATEST WAYS TO CLEAN YOUR  
MIND AND BREAK THE HABIT OF CONTINUAL INNER  
VERBALISATIONS. OSHO.**

**THIS MEDITATION IS DESIGNED TO HELP INDIVIDUALS THROW  
OUT ALL THE ACCUMULATED RUBBISH IN THEIR HEADS AND**



**BRING THEM TO A PLACE OF DEEP, INNER SILENCE. "GIBBERISH IS TO GET RID OF THE ACTIVE MIND, SILENCE TO GET RID OF THE INACTIVE MIND AND LET-GO IS TO ENTER INTO THE TRANSCENDENTAL," -OSHO.**

## 10. CREATIVE VISUALISATION

Performance Duration: 3- 7 Minutes

### VISUALISE

Sit Down or stand still. Close your eyes Visualise the most relaxing place you can be in eg. by a lake with crystal clear water, sun, birds, trees, flowers smell of flowers. Now start noticing the details. What flowers are they? What do they look like? How many fragrances can you distinguish? How is the mixture of all fragrances? How do you feel when enveloped in this perfume? How would you describe the perfume? If it were a person what would she or he look like?

Make your creative visualisation exactly as you want each time but follow this pattern in which you deeply relax and travel to a world within where you paint everything detail for a few minutes. Using all your senses to create emotions.

#### Objective

Preparation, focus and concentration. Each time you do this visualisation tries to put your focus and drive your attention to a different element of the environment and explore as far as you can go.

#### Benefits

Visualising is pretty much like seeing the future. You can visualise exactly how you want a scene to go. By seeing it first in your mind you reinforce the outcome you desire. Visualisation is can be like hypnosis. You purposefully arrange thought patterns and behaviours through suggestion. hypnosis, meditation and visualisation have similar neurophysiological processes. They serve as a fast path to your creative power.

#### A Note on Visualisation

The Benefits of Creative Visualisation Practice (in your mind) makes perfect.

The subconscious mind is a programmable “hard drive”. The “programs” of our lives, which are largely stimulus-response behaviours, are downloaded into our subconscious. The subconscious does not rely on the outside world for its “knowing,” and so it can’t differentiate between what is real and what is imagined. The subconscious remembers everything, it is absolutely literal (which means there’s no



subtlety), and processes only in the present tense. It will look for and guide you to whatever you tell it. So you must be absolutely clear and specific in directing your subconscious to help you accomplish your goals. The subconscious mind uses imagination and feelings to communicate; you can practice in your mind without ever doing the actions to program your subconscious. Practice the feelings of the conditions you desire.

However, your conscious mind is an evolutionary development of higher mammals. In humans, the conscious mind takes many years to develop and mature. It is logical and, as a thinking entity, uses words to communicate. It processes in the past, present, and future. The conscious mind directly perceives the outside world and takes in what it “sees”. The beliefs, attitudes, and behaviours that are programmed in your subconscious may override what our conscious mind desires. So to attain our conscious goals the idea is to access the subconscious in order to go beyond our limitations, by programming it to our liking. That is how creative visualisation becomes very useful.

Reprogramming old beliefs eliminates negative patterns. Although you still remember the negative event, the emotional response changes; the attachment you once had is essentially eliminated. When you change your belief you change your response to life and what you believe you can achieve.

Creative visualisation is a good example of how to use your imagination to help you create everything wish in your life. The technique has been around for a long time, has been well-researched, and its usefulness has been demonstrated. For example, this is a popular technique in the preparation of seasoned athletes for competition.

In the same way, an actor benefits from visualising his character, himself acting as his character, scenes, conversations, environments, feelings, reactions, and the untold life of the play.

Thought precedes creation; the idea guides energy into the physical world in order to create certain behaviours. There are three requirements for creative visualisation to be fully effective: Desire, belief, certainty.

**“TO TRANSFORM REALITY, WE MUST ALTER THE ONE THING  
THAT IS NOT FIXED: THE PROGRAMS THEMSELVES. FOR OUR  
UNIVERSE, THESE ARE WHAT WE CALL “BELIEFS.” SO IN THIS  
WAY OF THINKING OF THINGS, BELIEF BECOMES THE SOFTWARE  
THAT PROGRAMS  
REALITY.”  
GREGG BRADEN**



## 11. IMPROV

Performance Duration: 3- 7 Minutes

### IMPROVISATION WARM UP

Word Game Monologue: Start with a random word, continue with a monologue deriving from that word.

#### In a Group:

Each participating actor contributes to the first word that comes to mind when they hear the previous word.

### IMPROVISATION EXERCISE

Picture your character in a dream. His/her dream. He/She is in a remote unknown place with a group of strangers. Visualise the place then the people. Improvise a monologue.

#### Objective

Depth of Characterisation.

#### Benefits

1. Increased Confidence.
2. Improved Public Speaking Skills.
3. Enhanced Acting Abilities.
4. Gained Comfort in Social Settings.
5. Refined Brainstorming Abilities.
6. Improved Listening and Observation Skills.
7. Enhanced Creative-Thinking Abilities.
8. Improved Decision-Making Skills.
9. Team Development Skills.

#### Self Intelligence

1. Confidence and self-acceptance.
2. Ability to focus and concentrate.
3. Ability to adapt to ever-changing circumstances.



4. Awareness of how one thinks.
5. Awareness of the quality of one's inner voice.
6. Awareness of one's emotions.
7. Awareness of personal responsibility from choices made.
8. Awareness of one's strengths and areas of opportunities to develop.
9. Sense of fun.

### Social Skills

Improvisation develops one's:

1. Trust with team members.
2. Ability to create and sustain rapport.
3. Ability to empathise.
4. Ability to see things from new perspectives.
5. Ability to influence.
6. Ability to accept other people's ideas and points of view.
7. Ability to sacrifice one's ego for the sake of the group.

Physical Intelligence

1. Confidence and assertiveness through physical expression.
2. Ability to communicate non-verbally.
3. Ability to exert dominance when needed.
4. Ability to relax others non-verbally.
5. Ability to build rapport non-verbally.
6. Ability to physically blend in and feel comfortable in any environment.

### Verbal Intelligence

Improvisation develops one's:

1. Narrative ability and how to engage hearts and minds through a story.
2. Empathetic listening skills so that one truly understands others.
3. Ability to express oneself more effectively.

### Spatial Intelligence

1. Awareness of space.
2. Ability to create and share a focus on space.
3. Ability to create imaginary objects and environments in space.



4. Ability to hold imaginary objects in the mind.

### Creativity

Improvisation develops one's:

1. Imagination and ability to generate new ideas.
2. Spontaneity and ability to present without preconceived ideas.
3. Ability to take risks and overcome the fear of failure and being judged.
4. Ability to detach from any expectations and set ways of thinking and acting.
5. Ability to embrace and explore ambiguity and different ways of doing things.
6. Ability to tap into one's intuition and trust one's natural creative instincts.
7. Ability to delay acting on one's judgments of others and the situation.
8. Ability to be open to other ideas, support them and build on them.
9. Ability to justify which creates new things by putting them into a context and giving them a reason to exist.
10. Ability to solve problems in new and different ways.

**ACTING IS NOT ABOUT BEING SOMEONE DIFFERENT. IT'S FINDING THE SIMILARITY IN WHAT IS APPARENTLY DIFFERENT, THEN FINDING MYSELF IN THERE. - MERYL STREEP**

## 12. SING

Performance Duration: 3- 7 Minutes

### SELECT A SONG

Select a song, Preferably from your favourite musical. Sing it to the best of your ability acting it out as much as you can. Enjoy it. Do it maintaining a proper posture and breathing correctly. Do not hurt your vocal cords by straining your voice





## Objective

Correct use of voice and projection. Correct posture enhancement. Muscles Relaxation. Alertness. Loosening up. Supreme enjoyment.

## Benefits

Singing enhances respiratory and cardiac functions. It is aerobic, a marvellous exercise that improves the efficiency of the body's cardiovascular system benefiting your overall health. Aerobic activity increases the oxygenation of the blood, which also improves your alertness.

## Physical Benefits of Singing

Singing strengthens the immune system.

Research showed that the number of proteins in the immune system that function as antibodies, known as Immunoglobulin A, are significantly higher immediately after a signing rehearsal. Other related health benefits of singing is a stronger diaphragm and stimulated circulation. We pull greater amounts of oxygen while singing than when we do other exercises, singing can increase your aerobic capacity and stamina.

Singing improves your posture.

When you stand in a correct posture to sing your chest cavity expands and your shoulders and back align, you're improving your posture overall.

Singing helps sleep soundly, experts believe singing can help strengthen throat and palate muscles, which helps stop snoring and sleep apnea.

## Psychological & Emotional Benefits of Singing

Singing is a natural anti-depressant. Singing is known to release endorphins, the feel-good brain chemical that makes you feel uplifted and happy. In addition, scientists have identified a tiny organ in the ear called the sacculus, which response to the frequencies created by singing. The response creates an immediate sense of pleasure, regardless of what the singing sounds like.

Singing lowers stress levels. Making music in any form is relaxing. Singing releases stored muscle tension and decrease the levels of a stress hormone called cortisol in your bloodstream.

Singing improves mental alertness. Improved blood circulation and an oxygenated bloodstream allow more oxygen to reach the brain which improves mental alertness, concentration, and memory.

Singing boosts your confidence. Singing helps communication skills. Singing increases your ability to appreciate other singers.



**GOOD ACTING -- REAL ACTING IS IMPOSSIBLE TO SPOT. DO YOU EVER CATCH TALENTS LIKE ROBERT DUVALL OR KATHY BATES ACTING? NO. I DEFY YOU TO SHOW ME WHERE. - WILLIAM ESPER**

## 13.MOVEMENT

Performance Duration: 3- 7 Minutes

### FUNKY DANCE

Play your favourite music Music, dance with a huge attitude, the coolest moves you can make up. Be spontaneous of. Enjoy this like crazy.

### ABSTRACT MOVEMENT

Use a different tune. Now make your movements abstract, large and strange, surprise yourself, let inner self-expression lead you.

#### Objective

Inner Expression. Enhanced Creativity. Body Conditioning. Freeing the mind. State of "In the Moment". Concentration.

#### Benefits

Dance has a wide range of physical and mental benefits including an improved condition of your heart and lungs, increased muscular strength, endurance and motor fitness. You all know how magical dancing is how it can instantly lift your spirits, boost your energy and improve your mood.

Our body is vital in our lives not only for physical attributes such as strength and endurance - it plays an important role in emotions, learning process and relationships. Our body is intimately involved in all our thought patterns, understanding, emotions and decision making. The mind and body are inseparable, from our endocrine system to the "brain in our gut" - Your brain expands across your body.

#### A note on Movement

"Exercise is Optional, Movement is Essential". What is the difference?



Most exercise regimes use machines and isolated exercises that make us experts in movements that are not practical and are limited.

Movement is something entirely different. Movement is ancient. The movement was here first. Hunting and gathering, dancing around the fire, walking, climbing, running, jumping, crawling, lifting, swimming, fighting, sex. These are all movements the human body is designed for. A lot of public health research now points towards needing more movement in our lives, as opposed to exercise to remain healthy. No amount of exercise will undo the pathology that is sitting and remaining sedentary. On the other hand, you could go your entire life without ever doing exercise but instead move as part of your everyday life and remain healthy. We need movement. For some of us moving is being in the present, enjoying the moment. Enjoying what you are doing.

Dance is unique because it uses and strengthens your emotions, cognitive skills, physical abilities and social connections – all of which are vital skills for daily life. Not only is it great fun is also good for your health for these reasons.

### Physically

Dancing is a great way to raise your heart rate. It makes your muscles work hard, which helps to maintain and improve strength. The use of many different parts of your body. The different changes and patterns of movements are like rubbing your tummy and patting your head. It helps on your concentration, coordination, balance and agility. It's a complete body and mind workout.

### Mentally

Dancing has a range of mental health and wellbeing benefits, dancing has a positive effect on our quality of life, body image reduces depression and anxiety. All exercise is mood boosting. This is because it affects certain chemicals in your brains, such as dopamine and serotonin

### Tip

Use this dance warm-up exercise to experience a sense of release leave your day behind, and focus your mind.

**FIND IN YOURSELF THOSE HUMAN THINGS WHICH ARE  
UNIVERSAL - SANFORD MEISNER**



## 14.CHARACTER PREPARATION

Performance Duration: 3- 7 Minutes

### METHOD ACTING VISUALISATION

Close Eyes or Blindfold Character Building Visualisation Method Acting.Walk around the environment of your character. Recall the given circumstances. Start picturing the space in your mind. See the content of your surroundings materialising. See every detail, imagining it.

See the colours, some bright some soft. Perceive the smells. Notice the mood, the emotions your surroundings evoke. Soak on these emotions. Hear the sounds, from the tick-tock of a clock to a tea kettle, to laughter, music what are the sounds. Recognise the voices you hear and try to understand what they are saying even if distant. If who is in a room with other characters watch them move and act in your mind. Now carefully walk around the space, feel your way around your imaginary set, touch objects, flowers, trees. Let yourself be swapped by all that is around you. Let your imagination lead. Sit, stand, walk around. Observe your surroundings thoroughly from your inner eye.

#### Objective

Character prepping.

#### Benefits

Method Acting Technique sharpening.

**THE ACTOR HAS TO DEVELOP HIS BODY. THE ACTOR HAS TO  
WORK ON HIS VOICE. BUT THE MOST IMPORTANT THING  
THE ACTOR HAS TO WORK ON IS HIS MIND. - STELLA ADLER**

## 15.CHARACTERISATION WARM UP



Performance Duration: 3- 7 Minutes

## IMPROVISED CHARACTER CONVERSATION

1. Imagine another character from your working play sitting or standing in front of you.
  2. Look at them in silence for a few seconds. Then begin to observe your feelings thoughts and impulses.
  3. Start to speak.
- Maintain a non-existent and none theme related conversation with a character from your play or screenplay as your character.

### Objective

Character prepping.

### Benefits

Method Acting Technique sharpening.

## IN CHARACTER ACTIVITY

Use 3 minutes to put complete attention and concentration on an activity your character normally does.

**AN OUNCE OF BEHAVIOUR IS WORTH A POUND OF WORDS.-  
SANFORD MEISNER**



# ACTING COURSES & 1-2-1 COACHING

'THE SHORT' METHOD ACTING INTENSIVE

ACTING CAREER COACH

METHOD ACTING ONLINE

AUDITION COACHING ONLINE

For Best Results

Practice this Warm-up

3-4 times per week

and do it always when preparing for

auditions, rehearsals and performances.

For support in your career, events and resources

join our Community

**The Network**

Sylvia Love Johnson