

Exercise: *“Have you ever Acted?”* – developed by Lloyd Richards

- 1) Find a partner and
- 2) Look at them. Really see them. Really take them in. What does it mean to “really see someone”?
- 3) Then say to yourself mentally/silently as you look at your partner: “There is something about you I like.”
 - Now touch one point on their body and tell them this.
- 4) Now say: “There is something about you I don’t like.”
 - Now touch one point on their body and tell them this.
- 5) Now: “There is something about you that is ridiculous.”
- 6) Now go to another person in the room and tell them what you found ridiculous about your partner.
- 7) Now go back to your partner: “there is something about you that I admire.”
 - Now touch one point on their body and tell them this.
- 8) Now: “there is something about you I envy”
 - Now touch one point on their body and tell them this.
- 9) Now: “This person in front of you has hopes and dreams.”
- 10) Now: “This person will fail at their hopes and dreams.”
 - Now touch one point on their body and tell them “I’m sorry”.
- 11) Now go off by yourself in the room – What is the one secret you have never told anybody, that you would undo if you could? Answer this honestly for yourself.
 - Now decide whether or not you would tell your partner your secret.
- 12) Now go to your partner and touch them in one place silently.
- 13) Now you will say goodbye to your partner forever.
 - Touch them once and say “goodbye”
- 14) Now go off and be by yourself. Know that you will never see your partner again.
- 15) Now reunite with your partner! Give them a hug!

What you have done:

- You have: acted, played action onto someone, functioned interactively by targeting them with your attention.
- You have not improvised
- You have taken the direction you were given and used it.
- You have interrelated with another human being in a specific situation
- It works on:
 - Action
 - Energy
 - Emotion
 - Direction
 - Justification of act/person
 - Permission
 - Suggestions for us and that we suggest for ourselves
 - “breathing in” the other person; and letting it take you.

- *You don't so much make things happen as you permit things to happen.*
- These are all the things we do as actors.

We *permit* the impulse; we don't have to *force* it.

We ultimately are responsible for how things are manifested – but this is all that's involved.

The important thing is to just breathe it in and *permit* your *SELF* to respond.

Usage: Instrument semester, and/or in exercise progression for playing action.

Quotes from class with Lloyd Richards:

“Let the power of suggestion work on you.” – Lloyd Richards

“We've been doing this since we were kids. Teaching acting is an attempt to counter all the blocks that have gotten in the way since we were kids. We're just cleaning out the crap most of the time” – L.R.

“Language and sound can do things for us physically and emotionally.” – L.R.