

WEEK 3 / 6-8 / SPACE WALK!

OBJECTIVE: This activity helps actors to get to know their space as well as practice using their bodies in different ways. Establish clearly defined boundaries for the players to stay inside. Have players move about the room, paying attention to the space around them.

DIRECTIONS:

- Keep walking.
- Only now pretend you are walking through pudding.
- Think about what it feels like and how your body would move through pudding.
- For example, you might move more slowly now because pudding is thicker than air.
- After a while, pretend the space has turned into clouds.
- Think about what it feels like, and how you might walk through clouds.

SUGGESTIONS FOR DIFFERENT SPACES:

- Honey
- Snow
- Water
- Frozen pond
- Mashed potatoes
- The moon
- Popcorn
- Feathers
- Mud
- Fire
- Taffy
- Pea soup
- Cotton candy
- Marbles
- On a boat in a storm

Reflection:

What challenges did you face for the different task asked of you?

Did you feel you completed all the task to the best of your ability?

How many of the task did you complete?

Which task was your favorite?

Which task did you have the most struggles with?