

SUMMER CAMPS

MIDLAND
CENTER
FOR THE
ARTS

Solo Pantomime

Description: Practice your acting skills by exploring simple movements and actions that can tell a story when combined.

Recommended Ages: Grades PreK-5th

Materials:

- Pencil
- Notecards

Procedure:

1. Actors use their whole bodies during a performance to portray a story. During this activity, you will get to practice different actions and movements that can be put together to tell a story.
2. First, begin by practicing some simple movements. Can you do each of the following actions?
 - a. Jump
 - b. Twist
 - c. Sit
 - d. Fly like a bird
 - e. Hop like a rabbit
3. Now that you can put simple actions together to tell more of a story.
 - a. For example, you can start by sitting, slowly they stand up, stretch their wings, and then fly away!
4. Now that we have explored different movements, you can use them to act! Let's start by thinking about all of the things that you do! Make a list of different actions you do each day, writing each action on a notecard. Examples may include:
 - i. Making a phone call
 - ii. Sweeping the floor
 - iii. Falling asleep
 - iv. Eating an apple
 - v. Brushing your teeth
 - vi. Walking a dog
 - vii. Playing a game
 - viii. Tying your shoes
 - ix. Swinging
 - x. Putting on a band aid
 - xi. Making the bed
 - xii. Blow drying your hair

5. Once you have created your note cards, select one card at random and do the action listed. You can even have your family join you as you act out each action.
6. Are you looking for a way to extend your experience, try placing your note cards in a particular order to tell a short story or to reenact a typical day for you! Put the actions together to create a mini performance!