

# SOLO PERFORMANCE

An acting workshop for one - vocal warm ups and text-based activities to try at home.

## Deep Breathing

1. While standing or sitting, draw your elbows back slightly to allow your chest to expand.
2. Take a deep inhalation through your nose.
3. Retain your breath for a count of 5.
4. Slowly release your breath by exhaling through your nose.
5. Continue this breathing pattern for 3 – 5 minutes.

## Voice: The Hummmmm

This is one of the most effective vocal warm ups. Sit with your back straight and take a deep breath in that expands your diaphragm. During your exhale, vocalise the sound, “Hummmmmmm” until you have no more breath. Repeat five times.

## Enunciation

Say the sounds quickly as clearly as you can. Each sound is different and works your mouth in a different way.

MOO MOH MAW MAH MAY MEE  
BOO BOH BAW BAH BAY BEE  
TOO TOH TAW TAH TAY TEE  
DOO DOH DAW DAH DAY DEE  
NOO NOH NAW NAH NAY NEE

Repeat these six times. Keep the sound short and punchy.

HA HA HA HEE  
KA KA KA KEE  
GA GA GA GEE  
YA YA YA YEE  
RA RA RA REE  
PA PA PA PEE  
TA TA TA TEE  
WA WA WA WEE  
ZA ZA ZA ZEE

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## Acting Exercises: Playing with emphasis

The emphasis you put on words in a sentence can really change their meaning.

Try saying the following line placing emphasis on the first word 'I':

"I said we shouldn't help him"

Repeat this phrase another 5 times, placing the emphasis on each word in turn. Notice how the meaning of the line changes.

Now try creating your own sentences in which emphasis can change the meaning of the line e.g: She isn't flying to Hawaii tomorrow.

## Intentions:

## What do you really mean?

1. Think of some interesting intentions that a character may have, for example to calm someone, to avoid something, to attract someone, to encourage someone, to entertain, to make peace with someone, to annoy...

2. Try saying this line, thinking about one of the objectives above:

"How do you like your coffee?"

Can you sound encouraging? Can you sound soothing? Think of some other intentions to try.

3. Now try the same exercise, by opening a book or magazine and picking a random sentence or two. If you are with another person, see if they can guess your intention.

## Tongue Twisters

Try to say these without tripping up!

The lips,  
the teeth,  
the tip of the tongue,  
the tip of the tongue,  
the teeth,  
the lips.

A box of biscuits,  
A box of mixed biscuits,  
And a biscuit mixer.

All I want is a proper cup of coffee  
Made in a proper, copper coffee pot  
If I can't have a proper cup of coffee in a proper copper coffee pot  
I'll have a cup of tea!