

## *Note from Stella regarding Actor Work: 1978*

- Read aloud every day for ten minutes. Increase distance from wall.
- Read an essay. Be able to communicate the author's ideas to another person in your own words.
- Read a contemporary article or editorial with a point of view, and develop your own point of view.
- Be able to defend both sides of a contemporary social issue.
- Discuss an idea. Have a point of view.
- Select ten things from nature. Give it away.
- See different shades, textures of colors. Put the color on something and in a place.
- See fast. Look at an area (a room, store counter, a park, etc) to the count of ten.  
Describe what you saw.
- Choose five big nouns (sun, rain) and find five things that each does - and where.
- Make a list of things that catch your attention in life.
- See a scene from everyday life and recognize its eternal quality.
- Take on the body and sound of an animal.
- Create imaginary circumstances. What do you do when you wake up there? What can you do if you're hot? cold? etc
- On a blank sheet of paper describe a still life scene from an historical period.
- Create imaginary circumstances and be able to live in it alone for fifteen minutes.
- Practice muscular memory exercises. 1/2 and 1/2 exercises. Have real (a suitcase), half muscle memory (weight inside)
- Practice physical controls. Practice accents and dialects.
- Tell imaginary stories.
- Work on Justification: the reason why to activate you. Take an object: (a) I like it. (b) I hate it.
- Discover the epic quality of a common object.
- Recognize different types of conversation. (a) give and take (b) travelling from what partner says (c) from subject matter, thought
- Practice smartening and complicating physical activities.
- Create a character outside of you. Ex.: see someone. From what I see I will create his entire life.
- Create the past of a character in a moment of conflict.
- Describe: (a) a dark scene to someone (b) a light scene to someone
- Be aware of the nature of things; and circumstances.
- Keep a journal
- Read plays