



Hello! Thank you so much for tuning in to Beckett's Babies. We are so happy that you joined us! Every episode, we love to attach a playwriting exercise that we think might be helpful so that you can go forth and start writing your own play! Below is a not a playwriting exercise but an ACTING exercise from our most recent episode with actor Regina Morones. As writers, we should be open to expand our emotional and physical experience by trying something new to help inform our writing. Check the below exercise out!

Regina's Favorite Acting Exercise

When I'm rehearsing new material, monologues or dialogue, my favorite exercise to do that helps me drop into the text and let go of predetermined responses is saying the text as I'm lying on the floor doing hip openers like happy baby, child's pose and pigeon pose. They should be hip openers that are comfortable for you to do that don't create unnecessary tension and allow you to release tension.

While speaking text in a pose, I let whatever impulses and emotions are being released through the pose to inform the words I am speaking and I ride that wave until another impulse takes over. Speaking text this way will vary in speed, tone, pitch, texture, weight (emphasis) and color.

I love this vocal exercise because it takes me out of my head and allows for an open and free exploration of text that is grounded in a truthful physical release in the body rather than an intellectual idea of what the text should sound like. This is also a great vocal exercise for any actor that finds themselves locked into an acting choice early on in the rehearsal process or that wants to revamp or reinvigorate an old monologue they've been doing for years.

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