Inspire session - 27/03/2020
Worksheet to accompany Lockdown Session 1

1. Hello! Catch ups 11am-11.10am

Everyone say how they are. Explain what we are going to do today.

2. Stretch with Sarah! 11.10-11.30am

Welcome to Stretch with Sarah where you will be doing stretching with Sarah.

Ha! So we want to continue to build on everything we have done so far this term. We have been super impressed with how strong you have all got. So here is the basic positions:

![Images of stretching poses]

We have obviously been doing more advanced poses but for those who can’t join us on the zoom, here are the basic shapes to getting on with. IF you can’t do this then please take the 20 minutes to do whatever stretches you need to do. **REMEMBER TO BREATHE IN AS YOU HOLD A POSE. BREATHE OUT AS YOU MOVE THROUGH A POSE..... Most of the time.**

3. Monologues 11.30am-12pm

We would love everyone to either begin or to keep working on a monologue today. Your monologues can be about absolutely anything; the day you gave birth, the first time you fell in love, a holiday you went on, a story
of kindness or someone doing something nice for you, something you have learnt, something from your childhood. It’s up to you!

These videos will be good inspiration for you! Watch some of them. They are all really good examples of monologues/true stories with a journey.

https://www.youtube.com/user/mothstories

As a reminder, your monologue/story should follow this basic structure:

-Orientation. (Set the scene. Where are we? How old are you? What do we need to know?)

-Change. (What change happens to set this story in motion. EG you meet someone who changes your life.)

-Climax. (This is the peak of the story. The part it builds to. EG when the boat hits the iceberg in Titanic!)

-Resolution. (How is the story resolved/worked out? How do we get to the end?)

-The new normal. (What is life like now this story has happened?)

Those of you who have monologues, make sure you are hitting on each point of the structure. Fill out your stories with DETAIL. Explain the setting. The weather. How you were feeling. People’s personalities. How it changed you. Take inspiration from the videos above.

Those who don’t have monologues, pick your story. Use the story structure to map it out. Work on the detail. Watch the videos for inspiration.

15 minutes to write!

Sharing

**HOMEWORK**

By next week, everyone should have a finished monologue!! Work on your monologues and watch the above videos for inspiration.

Next week we will be looking at performance and how to deliver monologues. We are working towards filming these!