Inspire session - 3/04/2020
Worksheet to accompany Lockdown Session 2

Sharing and Performing monologues.

Cee and Sarah’s top performance tips!

Be yourself
We want to see your wonderful personalities. Don’t feel like you have to be a character or be formal. Deliver in your style, take advantage of your uniqueness, use your own language. Making these monologues is all about celebrating you and your stories, so be yourself and be proud of the story you’re about to tell. It’s a valuable story that the world needs to hear!

Take your time
When you’re performing something, nerves can get in the way. It’s exposing, you can feel vulnerable and sometimes the tendency is to rush through. Take you time. Go slower than you think you need to. I guarantee, it’ll feel slow to you but fast to your audience.

Try and speak clearly
Slowing down will help you with this. But also, try not to throw away the ends of your sentences or mumble too much. We want to hear every piece of this story.

Connect with the audience, tell the story
Imagine you’re telling a story to a friend. You get them on board, you connect with them through eye contact, through dramatic pauses, you really bring them in. Apply this same principle when you’re delivering your monologue. Make the audience feel special, like you’re inviting them into your world.

Know where you’re going, be familiar enough with your story and the shape of it
We’ve looked at beginnings, middles, ends and the structure of a story. Each of your monologues has a journey. Familiarise yourself with that shape. When you’ve reached the climax of the story, that is the height of the drama. Build to this point. Maybe pause before you deliver the peak of the monologue. Know your story well enough to feel confident and comfortable delivering it.

What is your intention? How can you communicate this?
What do you want us to feel when you’re delivering your monologue? How will the way you’re delivering it help us to connect with this intention. If it’s a story of anger or injustice, can you feel or recall that when delivering your story so that we can feel that too? If it’s funny, enjoy it! Share the joke with us. Remember to be proud of your stories and who you are. Enjoy telling them. Remember we WANT to hear them.
This is your story and only you can tell it

YOU have written this monologue. They are YOUR words. Only you can tell your story like you. No one can question you about what you are saying or have written about because it’s your truth. Remember that and have confidence in that.

Eye line

We know this project is more of a ‘film project’, so that is a very different feeling than performing them live. However it is still important to consider where you are placing your eyeline. For example if you are nervous but still manage to look out at the audience, no one will know you are nervous. If you look at the audience, it gives a more intimate performance, making the audience feel like its just you and them in a room. If you choose to look over and past the audience, this can give off a more performative vibe, giving the audience the role of the onlooker into your world. You can also choose to not look towards the audience, this can give something away about a character or how you are feeling as a person.

For this film of your monologue, start to think if you are going to be on camera or will you be doing a voice over or what other creative ways can you get your words on screen. If you are on camera, are you going to be looking down the lens. If so, start to practise talking into the lens.

Practice, practice, practice

The only way to get used to doing something is by doing it. When the rest of your household goes to bed, read over your monologue and practice saying it out loud.

Costume is your armour (should you need any)

Decide what you want to wear, what makes you feel good and what helps to tell the story. If wearing your best dress makes you feel the best then wear that. Just like last term when we created those characters and got dressed up for those pictures with Maryssa, every part of that process helped prepare you for the photos.