As you know, band members use their respective instrument as their “vessel”. Singers use their voice as their ‘vessel’. Actors use their “body”. In order to be successful, you need to be completely aware of how you use your body AND how your body reacts in order to demonstrate specific emotions, actions, and gestures. This week, I want you to become more self-aware and think about your reactions/actions. Be sure to complete all sections below.

“As actors & actresses, we must rejoice in the possession of our physical faculties” –Michael Checkov

Part of being an actor is being AWARE of how our BODIES react to emotions we FEEL. #selfaware

A. **Summarize:** Why is it important for actors to be aware of their bodies?

B. **Describe:** Choose 3 emotions and describe how you would physically react with each body part to *each* emotion.
   1. Eyes/Eyebrows
      A. 
      B. 
      C. 
   2. Nose
      A. 
      B. 
      C. 
   3. Mouth
      A. 
      B. 
      C. 
   4. Shoulders
      A. 
      B. 
      C. 
   5. Hands
      A.
C. Perform: Choose 3 of the 6 body parts above and work on your emotional responses in the mirror. When you feel that you have ‘mastered them’, perform them for someone in your house. See if they can ‘guess’ the reaction you are feeling. Report out in a brief 1-2 sentence answer.

Bonus: Who is Michael Cheslov? Tell me about his famous teacher.