NAME: _____ DATE: _____

PERIOD: _____

Center of Gravity Exercise
Reflection

1. What have you discovered about your "normal" walk? (Describe your posture, pace; etc. Please be as detailed as possible!)

2. Pick one of the Center of Gravity exercises. (Forehead, stomach; etc.) How did your body change as you shifted your Center of Gravity?

3. How can having a better understanding of our personal Center of Gravity help us as actors?