

NAME: _____

THEATRE II

Here is a list of 10 tasks. Attempt to complete each task included in the list. After you complete each task, rate it's level of difficulty based on the amount of energy it took for you to complete the task. Use the following rating system:

- H** High – it took a lot of energy to complete the task!
M Medium – It took some energy to complete the task.
L Low – It took little energy to complete the task.

1. Exchange an exterior article of clothing or an object with a partner. Wear the article of clothing or hold onto the object until the end of the exercise.

Rate this exercise: _____

2. Undo that person's shoes (unzip, untie, or remove them if no fastening).

Rate this exercise: _____

3. Find 7 different colors in the room and write them down here:

Rate this exercise: _____

4. Balance a book or folder on someone else's head.

Rate this exercise: _____

5. Find something that best resonates your voice (in other words, makes it sound echo-ey and wonderful!) Write down what it is here:

Rate this exercise: _____

HEY! Flip me over! There's 5 more to do!

6. Roll three perfect rolls on the ground. (*Please be careful with this one – don't roll at the same time as someone else! I don't want collisions!*)

Rate this exercise: _____

7. Without talking, try to make someone laugh within 30 seconds.

Rate this exercise: _____

8. Find an object and shape your body to become that object.

Rate this exercise: _____

9. Walk up to someone in class you don't know very well and tell them how much you love them.

Rate this exercise: _____

10. Write down the name of an animal, become the animal, and greet four people as that animal. (Write down your animal here: _____)

Rate this exercise: _____