

# CHARACTER ENERGY

## Leading with Different Parts of the Body

**Grade:** K-12

**Goal(s):** To develop and define movement qualities unique to a character.

**Materials:** A specific Shakespearean character for each actor  
A large open space for movement.

### DESCRIPTION:

This activity focuses on developing a character. The actors should all be assigned a character from a Shakespearean play. The actors should have an understanding of their character's actions, opinions, and role in the plot of the play.

### INSTRUCTIONS:

1. Ask the actors to begin walking as themselves, not their characters.
2. Ask the actors to silently observe their own walk.
3. Call out a part of the body.
4. The actors use this part of their body to lead their movement through the space. For example, if "Nose" is called, the actors literally have their noses out in front, leading their movement.
5. With each call, ask the actors to silently observe how their walk changes.
6. Once the activity is finished, have the actors discuss and share what body part their Shakespearean character leads with.

### SUGGESTED VARIATION(S):

- **Grades K-2:** Ask the actors to tie on imaginary strings to different parts of the body. With each call, have the actors imagine being pulled by those strings.
- **Grades 3-12:** Add a quality to the part of the body (heavy feet, ghost-like hands, full belly, etc.).
- **Raising The Bar:** Add sound to the character's walk. A character leading with his/her belly has a very different sound than one leading with his/her chin.

