

Using Nature to Shape the Body

A 4-day Virtual Workshop Experience

Instructed by Sarah Tan

All times listed in Arizona Standard Time

	Day 1	Day 2	Day 3	Day 4
9:00-9:15	Check-in!	Check-in!	Check-in!	Check-in!
9:15-9:30	Physical and Vocal Warm Up	Physical and Vocal Warm Up	Physical and Vocal Warm Up	Physical and Vocal Warm Up
9:30-9:40	Introduction to physical theatre. Overview of the week.	Recap water and Overview of the day.	Recap last two days. Overview of the day.	Recap the week. Overview of the day.
9:40-10:00	Introduce water. Photos. Individual experimentation with water.	Introduce Air. Photos. Individual experimentation with air.	Introduce fire and earth. Photos. Individual experimentation.	Expand on bench game to create final improve "performance"
10:00-10:10	Naming adjectives. Introduction to embodying movement.	Naming adjectives. Apply knowledge from day before to embodying movement.	Visualising movement and adjectives in doodles, sketches, and color	Personal exploration of each elements. Pick two possible characters.
10:10-10:20	Individual exploration. Time for questions.	Individual exploration.	Individual exploration. Time for questions.	Group concept on imaginary setting for end of day improv. Share preliminary ideas for characters.
10:20-10:30	Introduce midday activity. Reminder of return time and work to share.	Introduce midday activity. Reminder of return time and work to share.	Introduce midday activity. Reminder of return time and work to share.	Introduce midday activity. Reminder of return time and work to bring back.

10:30am – 2:30pm (4 hours)	Personal screen break. Lunch. On-your-own: 1. Find 3 images or videos of different kinds of water. Fill out the table as a way to observe the differences. 2. 2) Experiment with water and come up with 3 movements	Personal screen break. Lunch. On-your-own: 1. Find 3 images or videos of different kinds of air. Fill out the table as a way to observe the differences. 2. 2) Experiment with water and come up with 3 movements	Personal screen break. Lunch. On-your-own: 1. Find 3 images or videos of different kinds of air. Fill out the table as a way to observe the differences. 2. 2) Experiment with water and come up with 3 movements	Personal screen break. Lunch. On-your-own: With items in your home, become your two possible character. Answer character question sheet for them. Be clear about how they move and what they want.
2:30-3:00pm	Group share of images/videos and movements	Group share of images/videos and movements	Group share of images/videos and movements	Check in on progress of characters. Practice switching between characters.
3:00-3:20pm	Guided improv through water	Guided improv through air	Guided improv through Earth and Fire	Introduction “meeting” of each character – Process drama
3:20-3:30pm	Creating characters from water	Creating characters from air	Creating characters from Earth and Fire (students pick one)	Improv party setting for the characters to meet and interact with each other.
3:30-3:45pm	Improv bench duet with characters	Improv bench duet with characters (water and air)	Improv bench duet with characters from all elements.	Continue improve with facilitation.
3:45-4:00pm	Reflection. Overview of the next day.	Reflection. Overview of the next day.	Reflection. Overview of the next day.	Recap of the week. Reflection. Takeaways.