

NIDA Acting Techniques



Develop a broad range of fundamental acting skills through interactive acting exercises. Explore improvisation, spontaneity, physicality and the basics of the Stanislavski system. Collaborate with your class mates to develop your performance craft and extend your vocal technique with a variety of short texts.

Week 1	Week 2	Week 3	Week 4
Introduction to NIDA Acting Techniques	Introduction to NIDA Acting Techniques	The Given Circumstances	The Given Circumstances - exploring how they impact narrative
Warm up	Warm up: physical and vocal	Warm up	Voice: Pitch and tone – apply to a short text
Physicality: body awareness	Improvisation: extending offers	Physicality: working with the ensemble	
Improvisation: physical and vocal offers	Exercise: sensory awareness/working with the ensemble.	Voice: Explore the various elements of a vocal warm up.	
Improvisation: accepting and yielding			

Week 5	Week 6	Week 7	Week 8
Objectives	Actions	Obstacles	Physical and vocal warm up
Warm Up	Introduction to A/B scenes	Physicality: building tension	Rehearse scenes
Introduction to Objectives and Actions	Exploring all the possibilities for the Given Circumstances and how these impact the text	Rehearse scenes-explore the potential obstacles	Share scene work with peers
	Casting for scenes		Feedback and course review
	H/W: Prepare for rehearsal of your scene		