

THE ANIMAL EXERCISE

ACTOR: MODULE:

OBJECTIVES

- Assess your progress with your relaxation efforts
- Assess your progress with your ability to concentrate
- Assess your ability to utilise your imagination for maximum effect
- Recreate the sensory experiences of an environment, as experienced by an animal.
- Assess your progress with your ability to develop your muscles and physicality using an animal to move away from your own habits, gait, energy and idiosyncrasies.

PREPARATION

Select an animal that you can observe in its regular environment.

Your animal: _____

Its environment: _____

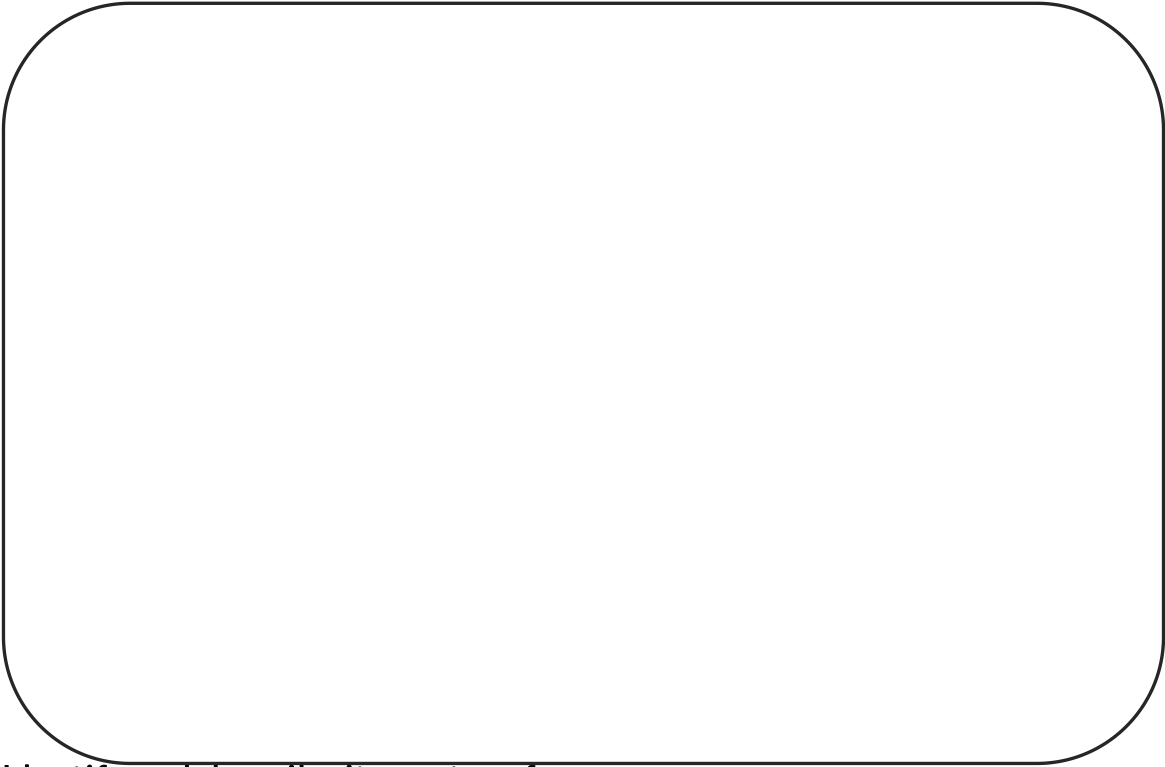
OBSERVATION RECORD

Your responses to the prompts below **MUST** be **almost ridiculously specific**. Use *metaphors and similes* to accurately conjure up the sensation. Be specific about how the sensation physically affects you.

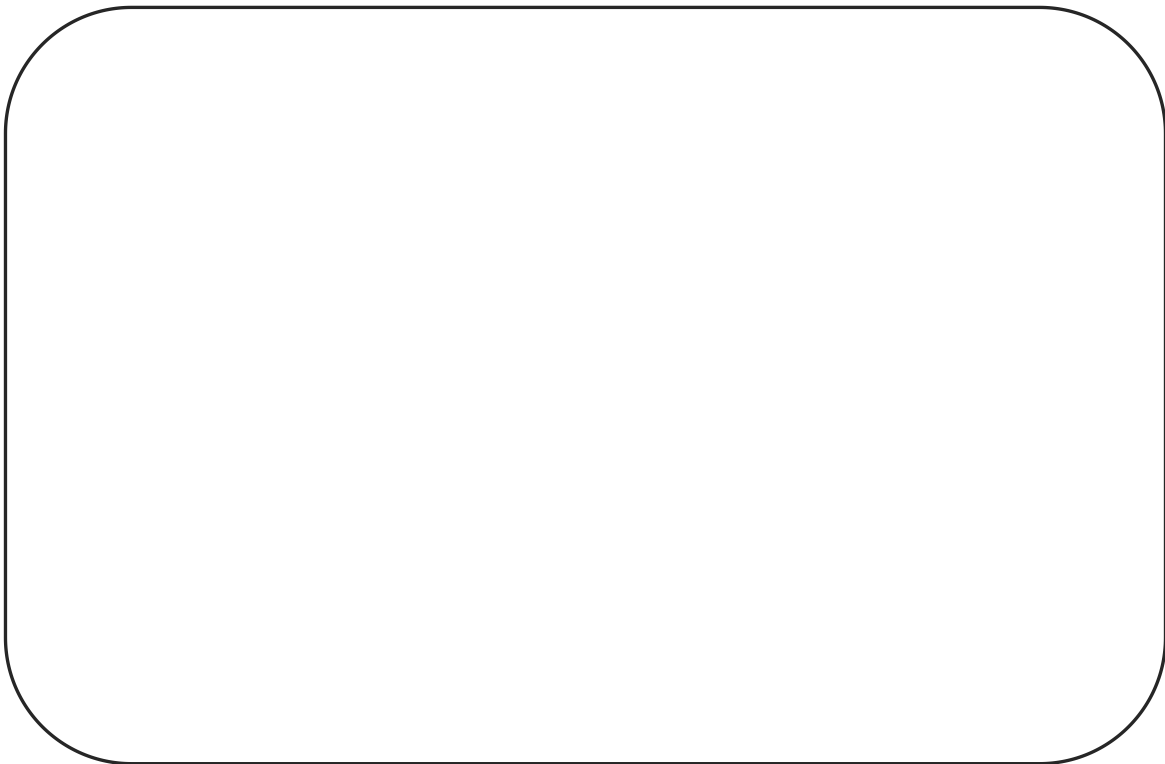
Describe the animal's gait from observation. (manner of walking/moving)



Describe the rhythm of its movements.

A large, empty rounded rectangular box with a thin black border, intended for writing a description of the rhythm of movements.

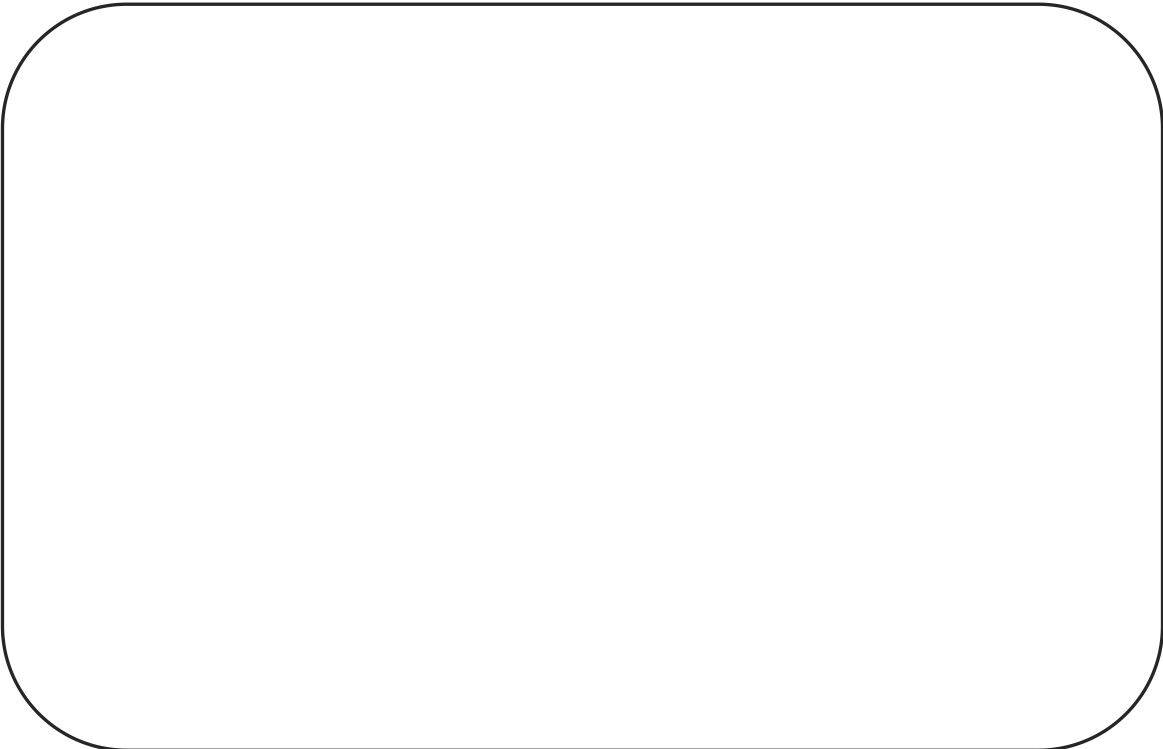
Identify and describe its centre of power.

A large, empty rounded rectangular box with a thin black border, intended for writing an identification and description of the centre of power.

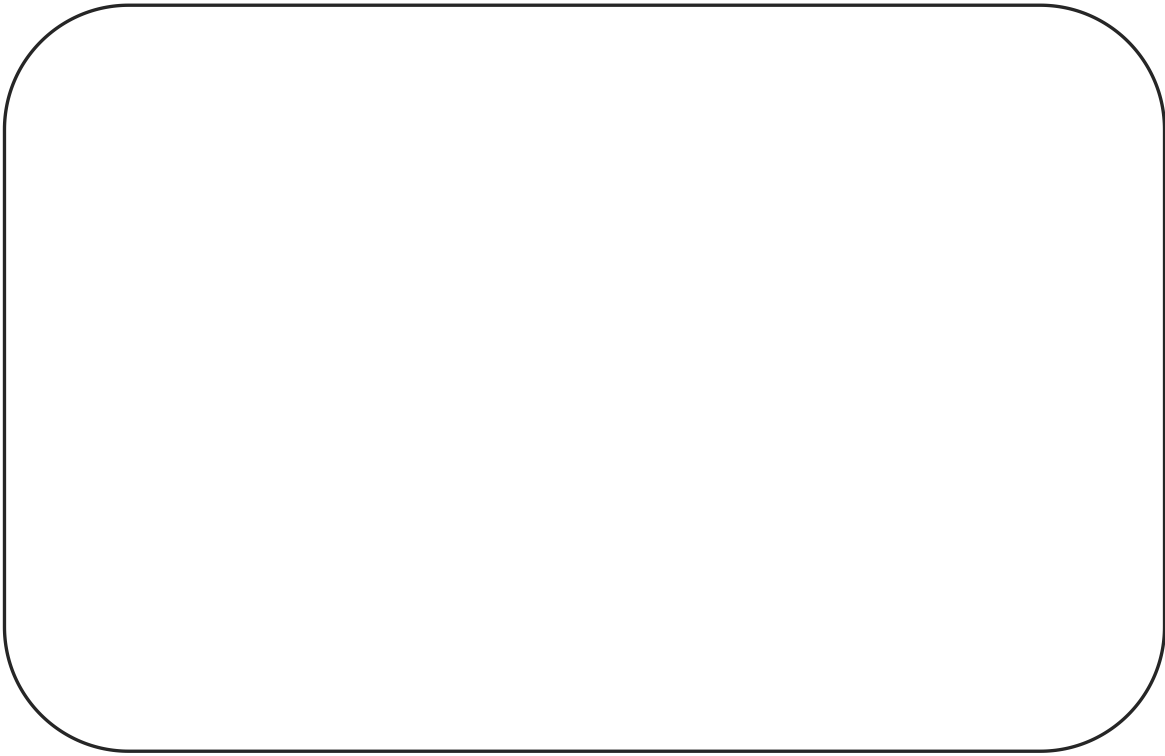
Describe its weight and how it is distributed



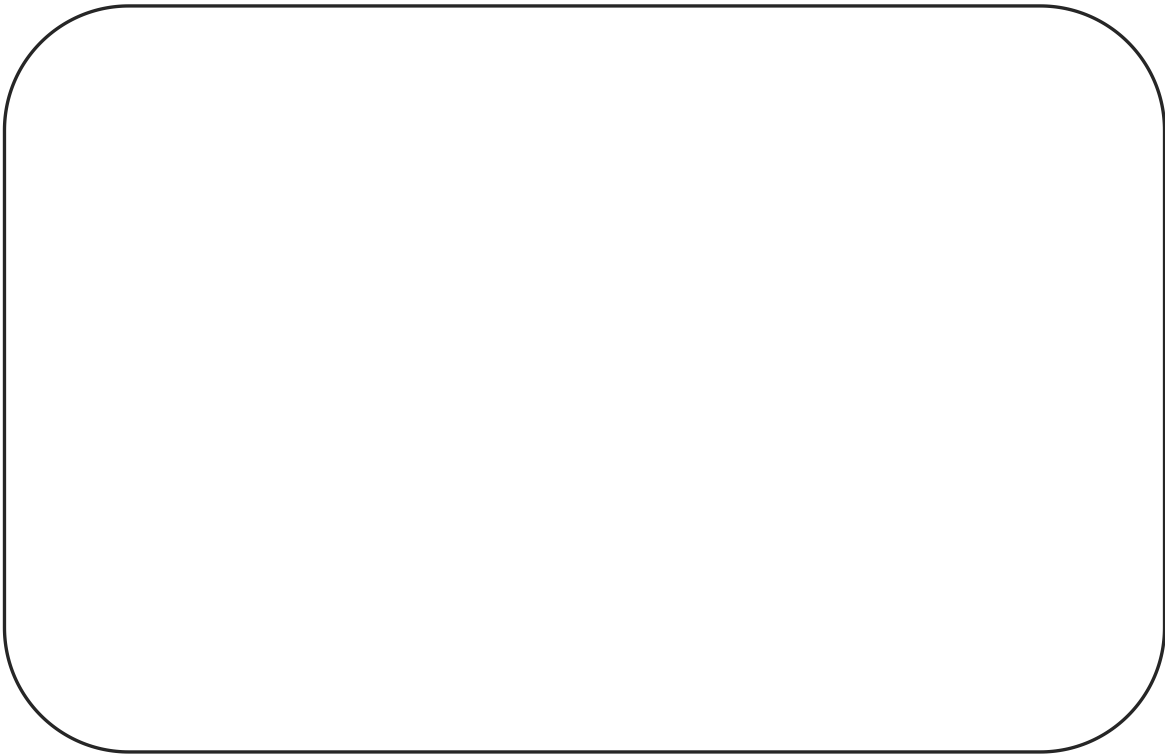
Describe its strength



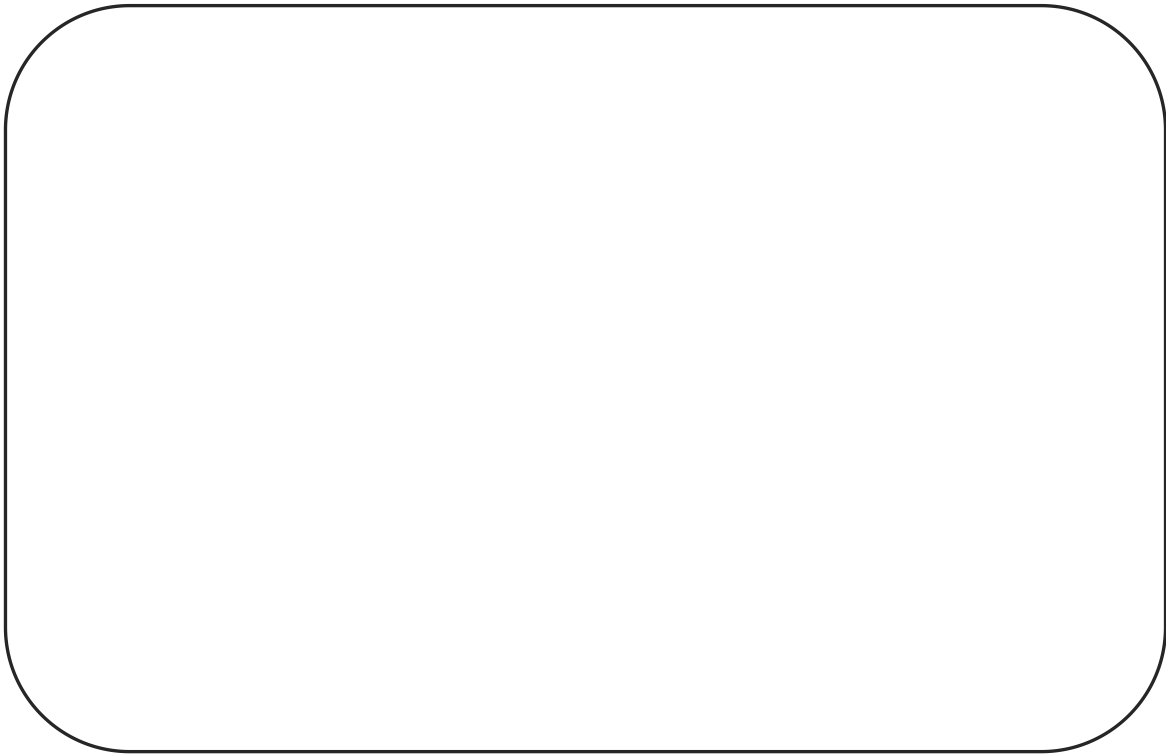
Describe how it uses its hands, paws or claws



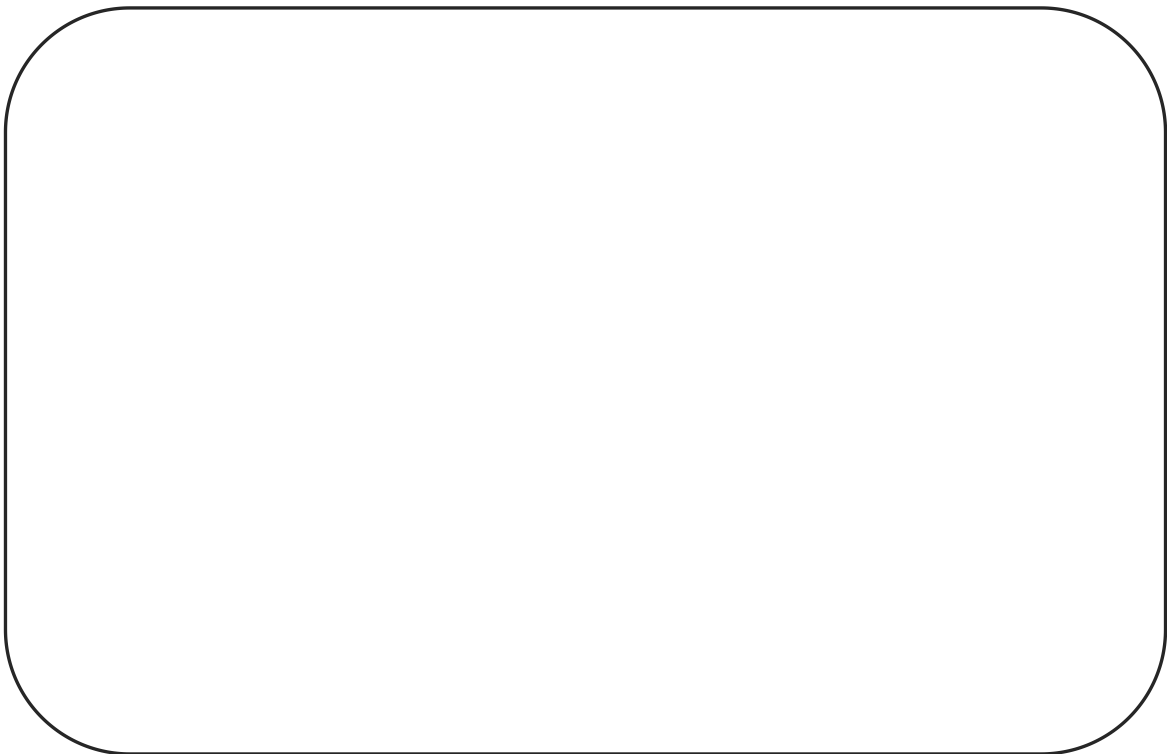
Describe its knuckle movement



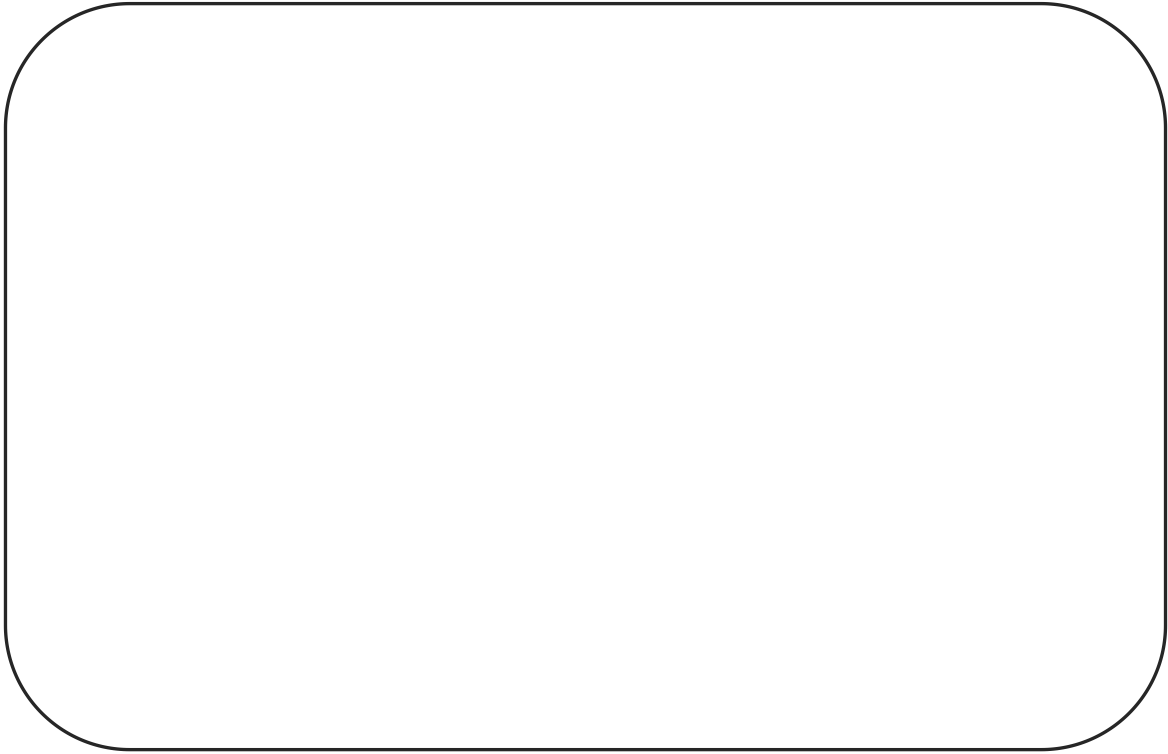
Describe its head positioning and movement



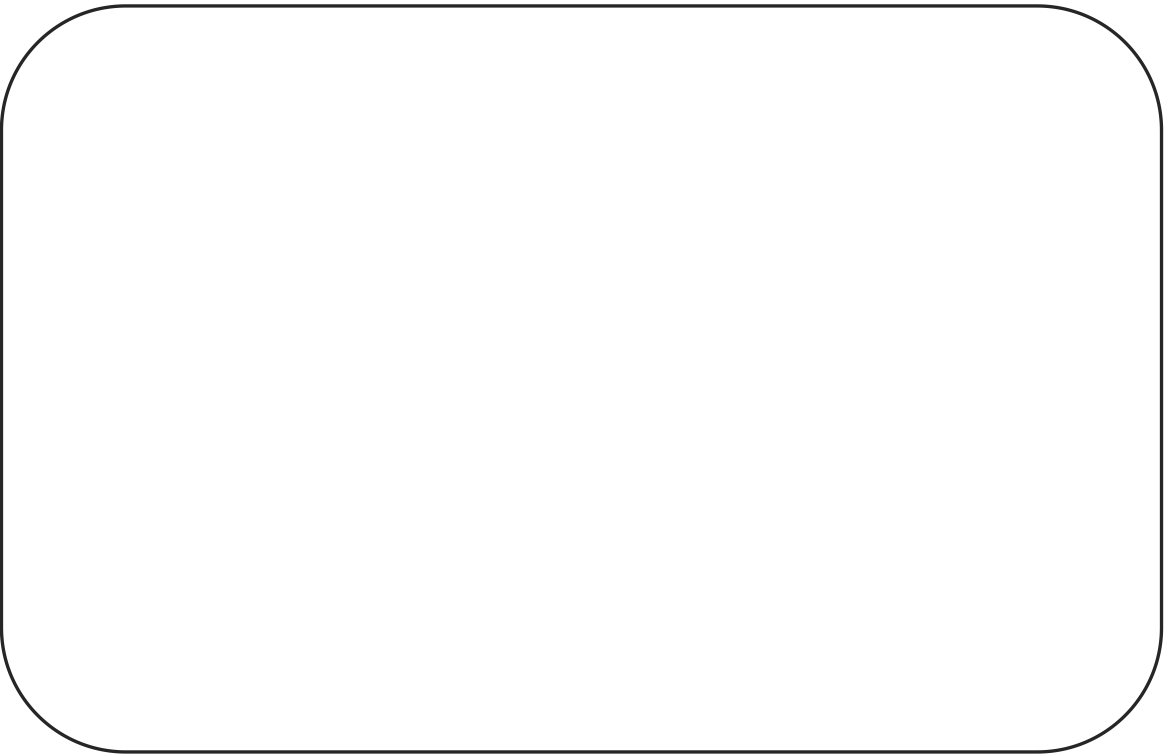
Describe how it jumps



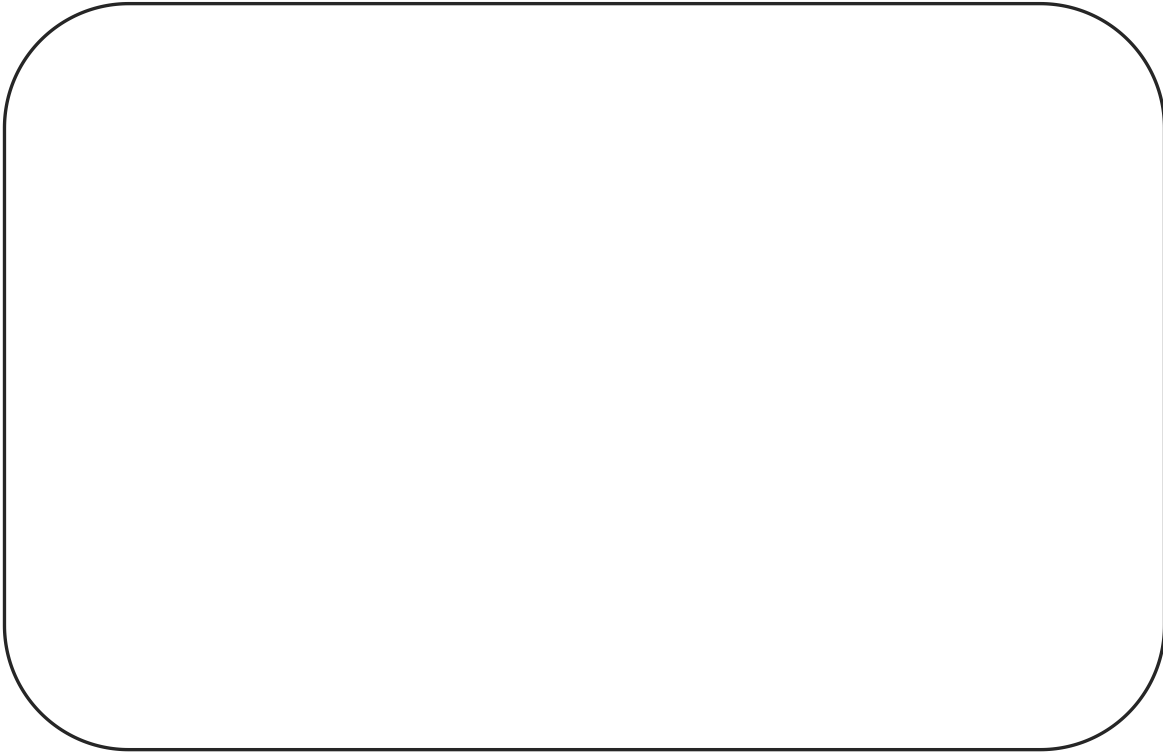
Describe how it uses its mouth



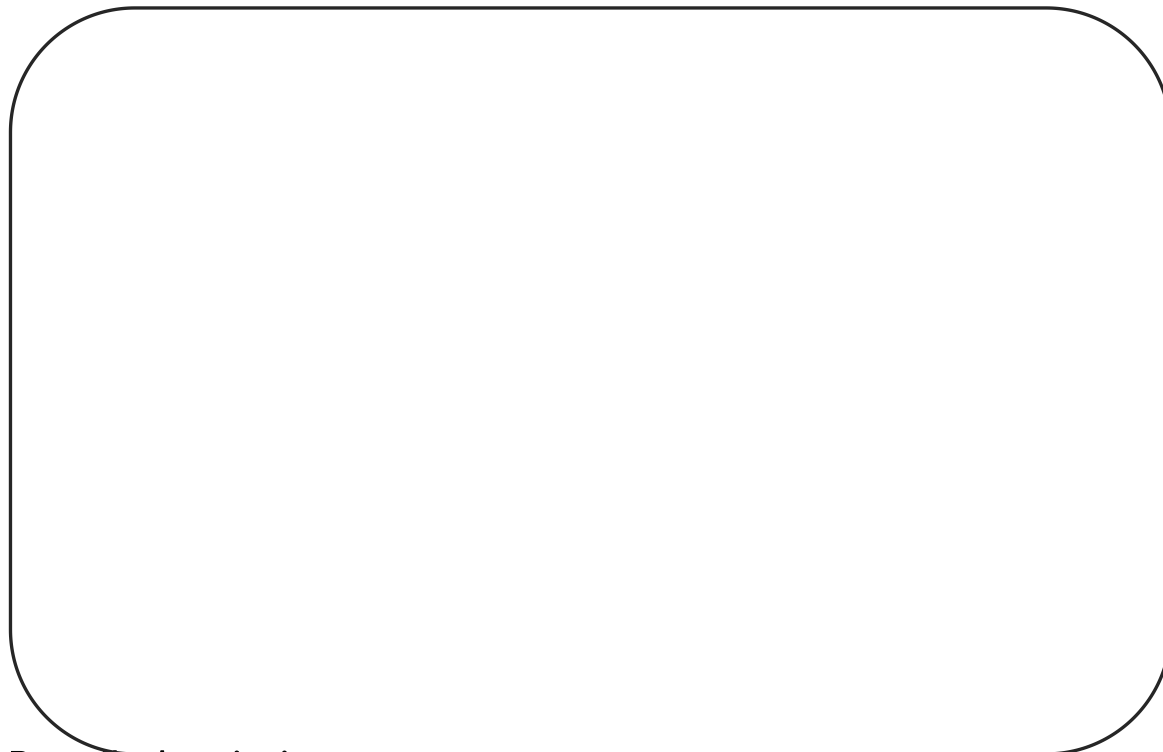
Describe how it relates to and interacts with its environment



Describe how it eats



Describe how it looks at objects and its surroundings



Describe how it sits



What different things attract its attention? (make a HUGE list)



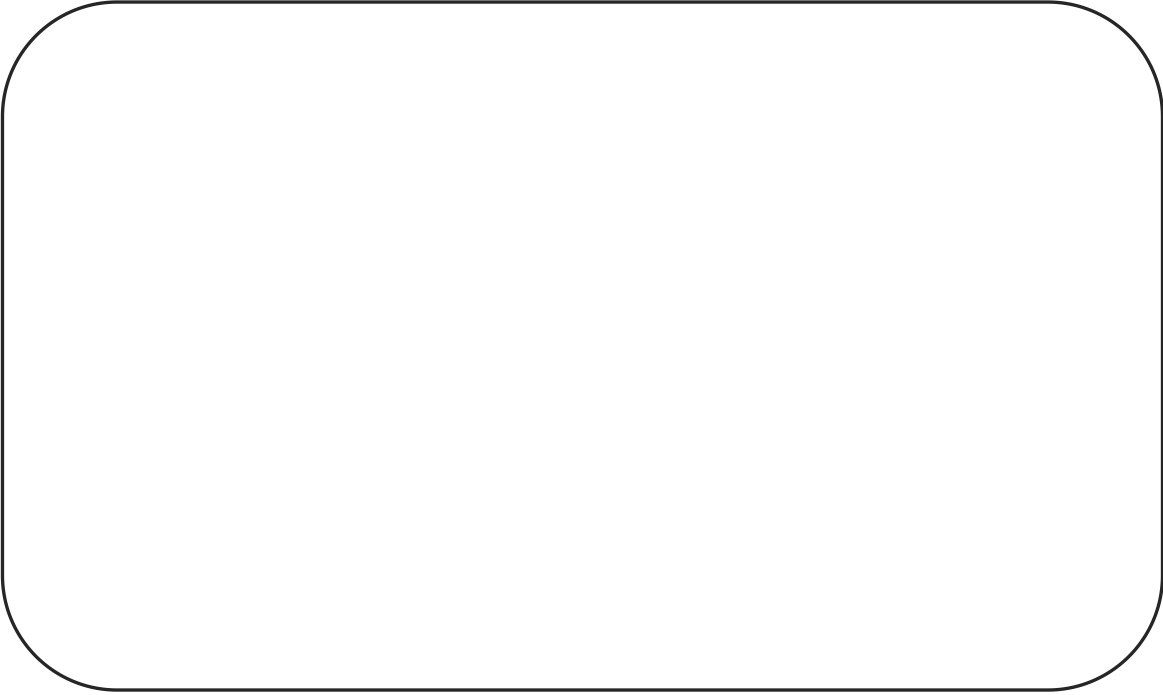
Describe how it concentrates

OBJECT OF ATTENTION	PHYSICAL ACTION

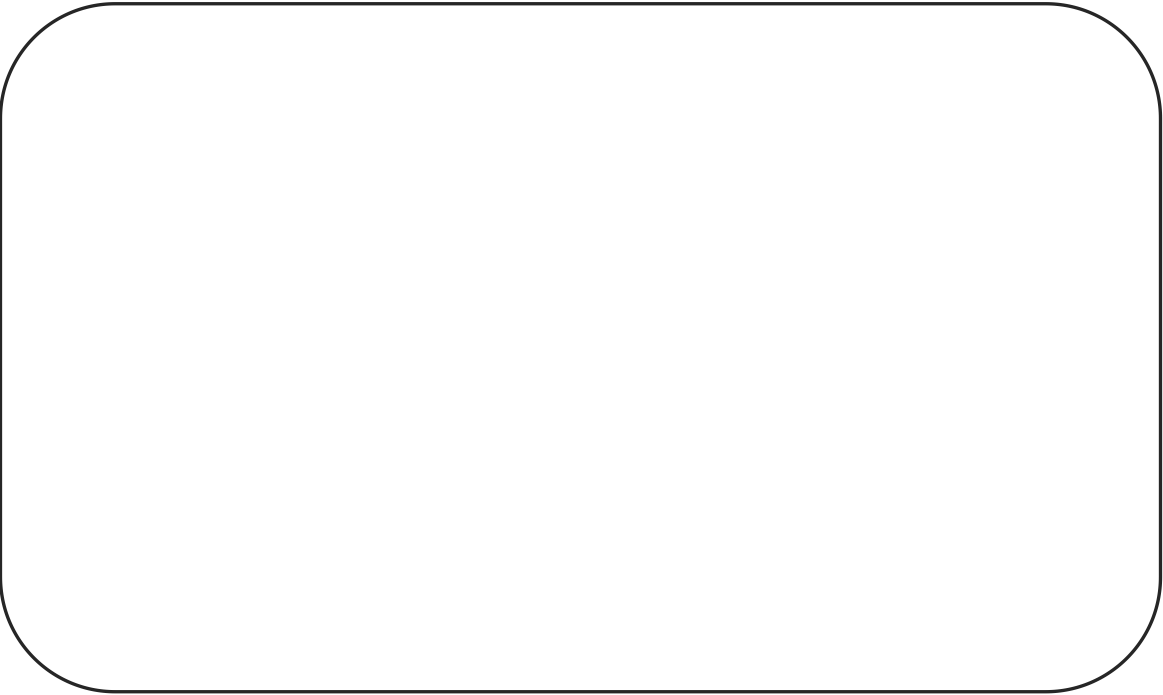
**Describe the causes and inner impulses that motivate the animal's action
- work from the outer actions of the animal to discover the animal's inner impulses**

CAUSE/INNER IMPULSE	ACTION

Describe its sound/speech/volume of sounds/speech



Describe how it relates to and interacts with other animals



Reflection [To Be Completed After each class]

Respond to the following prompts *sincerely and with specific detail*. Keep in mind that sense memory work is intended to be a continual process. You are not learning your times tables; these are exercises not unlike sit-ups or yoga. You continue to develop your ability with no end zone in sight. To achieve any kind of success you must commit yourself to continually working on it.



How did you feel working on this exercise?	Which specific sensations gave you the most trouble?	What specific goals do you have for yourself as you continue to work?	WEEK NUMBER
			ONE
			TWO
			THREE
			FOUR
			FIVE
			SIX

			SEVEN
			EIGHT
			NINE
			TEN
			ELEVEN
			TWELVE