



# Daily Practice For Actors



- 1) Move Your Body**
  - a) Shoulders and Neck**
  - b) Torso and Legs**
- 2) Move Your Voice**
  - a) Facial Muscles**
    - i) Lemon/Hot, Ooh/Aaww**
    - ii) Vowel Sounds**
  - b) Enunciation Exercises**
    - i) The Actors Vow with a cork**
    - ii) Enunciation Sentences**
- 3) Move Your Brain**
  - a) Read: Plays, scripts, biographies, acting ideas**
  - b) Write: Characters and their lives, your stories, new ideas**
  - c) Watch: old and new movies, watch the actors, watch people on the street**
  - d) Listen: hear how people talk to each other, know how songs make you feel**