

# Movement

**Stance** - The way that you stand with the focus being on your legs and centre of gravity.

**Posture** - The way that you stand with the focus on the position of your back.

**Body Language** - A general umbrella term for the way that you describe the general way you move and stand to communicate a mood. We might use other adjectives like closed and open or excited and thoughtful to help us understand what we are doing with our body language. We should also go as detailed as possible by naming specific body parts and describing how they are moving.

**Facial Expressions** - The expressions you make with your face to show your mood.

**Gestures** - Small movements which are made with any part of the body that communicate something to an audience or another character, such as a nod of approval or pointing towards something with your hand.

**Eye Contact** - Deliberately making, or not making, eye contact can communicate a tremendous amount of an audience.

**Physical Contact** - The act of making physical contact with another character or object and the way in which that contact is made.

**Movement** - The movement you make in performance such as the way you enter the stage, cross the stage or exit the stage.

**Pace** - The speed at which you make your movements.

**Proxemics** - The deliberate use of distance between you and other characters or objects to communicate something to an audience.

# Voice

**Accents** - An accent can tell the audience where the character is from geographically or their social class,

**Volume** - How loud or quiet you speak.

**Pitch** - How high or low your voice sounds when you speak.

**Pace** - The speed at which you speak

**Pause** - Adding a break of any length into what you say

**Phrasing** - The way you break up a longer chunk of text into smaller pieces to help give it more meaning to the audience. Often we use pauses to break up the text so that the audience have time to digest the meaning of what has been said and to allow the actor to take a breath before the next phrase.

**Intonation** - This is the rise and fall of your voice.

**Emphasis** - The way certain words are stressed to help communicate meaning to an audience.

**Tone** - The way we add emotion to our voice and say our lines in an emotional way.