Stella Adler Acting Exercises

**Imagination Exercise**

Assignment: Choose objects for each part and discuss them on two levels: describing and traveling

Part 1: Describing

pick an object and describe it. The goal is to get very specific (colors, texture, size, etc) but to communicate what your object looks like in a direct, simple way that speaks to your audience.

Write your description here

Part 2: Traveling

Pick an object and discuss what it reminds you of in your life (event, person, feeling) communicate those feelings and emotions in a direct, simple way that speaks to your audience.

Write your experience here

**Paraphrasing Exercise**

Assignment: Choose a book you have read and understand. Write down one idea from the book in your own words and present the idea on stage to an audience. Focus on getting your audience to experience the idea rather than explain the idea.

Write your ideas here

**Inner Justification Exercise**

Assignment: Choose a line from the scene you are work on and choose three different ways to say the line using emotions and experiences. Try to add conflict in your line interpretation so your partner can react to you.

Write your 3 line interps and justification here

Line:

Interp/justifiation 1

Interp/justifiation 2

Interp/justifiation 3