Uta Hagen Exercises

*Directions: As a class we will complete all the Uta Hagen character building exercises. You may choose to complete your answers on this document or on a google research doc.*

**Basic Object Exercise**: Sometimes called “two minutes of daily life,” this exercise requires the actor to replicate activities from their own daily routine in specific detail (think making breakfast or getting ready to go out). The goal of this exercise is to increase the actors’ awareness of their unobserved behavior.

*Assignment: Choose a daily activity and write down every step it takes to complete the activity. Focus on details, weight of objects, placement of objects and timing. Write the list of steps here and rehearse.*

**Three Entrances:** Starting off-stage, the actor enters the environment of the scene. The actor's performance should answer three questions:

* What did I just do?
* What am I going to do?
* What is the first thing I want?

*Assignment: Choose the basics of character analysis and answer these questions. You will create 3 different characters and do an entrance for each.*

Character 1:

* Name
* Age
* Gender
* 3 adjectives
* What did I just do?
* What am I going to do?
* What is the first thing I want?

Character 2:

* Name
* Age
* Gender
* 3 adjectives
* What did I just do?
* What am I going to do?
* What is the first thing I want?

Character 3:

* Name
* Age
* Gender
* 3 adjectives
* What did I just do?
* What am I going to do?
* What is the first thing I want?

**Immediacy**: Hagen asked actors to search for a small object that they need. You can perform the exercise on a set or in your home. As you search, you should observe the behavior and thoughts that arise as you authentically try to find something. The objective is to identify the thoughts, behaviors, and sensations you experience when you genuinely don’t know the outcome, so you can use them on stage.

*Assignment: Part 1: Choose an object that you need. The object should be personal and fulfill a necessity in your life. You can bring your object from home or use one provided in class. Create a story for why you need the object and how it will solve a problem for you.*

*Write your story here.*

*Part 2: I will hide the object and you must search for it using the importance of the object*

*Write your feelings about needing to find the object here*.

**Fourth Side:** This exercise starts with a phone call to a person you know. You should call them with a specific objective in mind. During the conversation, Hagen wants you to focus on your surroundings and the specific objects that your eyes rest on. The purpose is to help actors observe how they interact with all dimensions of an enclosed physical space so they can recreate the feeling of privacy on stage.

*Assignment: Choose a person to call, you will not actually this person so feel free to include anything you want in this conversation. You must have a specific objective for this conversation.*

*Part 1: Write what you want to say to this person.*

*Part 2: make the “call” and as you speak write down what you see while you speak*

**Endowment:** This exercise is designed to help actors apply their observed behaviors to endow props with qualities that they cannot safely have on stage. Hot irons and sharp knives are typical examples. The Endowment exercise asks actors to believably treat objects on stage as though they have the qualities the actor needs in a scene.

*Assignment: Choose three objects with different properties you can interact with physically. Choose an object from three of the categories. Create a scene where you interact with all three. Write each scene here*

* *Hot*
* *Cold*
* *Wet*
* *Hard*
* *Soft*
* *Powerful*
* *Fuzzy*