

Winthrop University
College of Visual and Performing Arts
Department of Theatre and Dance
SAMPLE ASSIGNMENT

THRA 120: Acting I

The Two Minute Exercise

The purpose of the two minute exercise is to explore personal behavior under a variety of circumstances.

Self observation is the first step in unearthing behavioral reflexes as well as conscious actions. The exercise is to help you discover all the things that influence them. Despite the familiarity of your habits they will vary based on the particulars of the past, present and the upcoming circumstances of the specific day. You should define then recreate two seemingly routine minutes of life when alone, two minutes spent in the execution of a simple task, in pursuit of a normal objective, two minutes of the reality of doing.

You should not scoff at using yourself because what you may think what you do is boring. If you are really involved in “doing” then you will be interesting. Remember you are learning a craft, you are presenting work for constructive criticism, not looking for approval. Don’t sit in judgment of your fellow actors. Try to identify with the problems presented by the exercise.

Explore two or three minutes of your behavior in pursuit of a simple task. For this exercise choose circumstances that necessitate an entrance into the playing space, and eventually an exit from the playing space. Use these six steps as an analysis of the given circumstances of your two minutes.

1. Who am I? What is my present state of being? How do I perceive myself? What am I wearing?
2. What are the circumstances? What time is it? (the year, the season, the day? At what time does my selected life begin? Where am I? (In what city, neighborhood, building, and room or landscape do I find myself?) What are the immediate circumstances? (What has just happened, is happening? What do I expect to happen next?)
3. What are my relationships? How do I stand in relationship to the circumstances, the place, the objects, the other people related to my circumstances?
4. What do I want? What is my immediate need?
5. What is my obstacle? What do I do to overcome it?
6. What is my behavior to get what I want?