

BODY, MIND AND SPACE – A PHYSICAL TASK



Polly Lister (Wicked Witch of the West) in the Wizard of Oz at Leeds Playhouse. Photograph by The Other Richard.

- Find a quiet space where you can sit down, set a timer for 3 minutes, and close your eyes. Breathe in through your nose and out through your mouth, allowing your breathing to find its natural rhythm. Let go of any distractions as you breathe out. Notice how your body feels. Notice where there is a sense of energy, lightness, heaviness, discomfort. Be aware of your body.

- Now, imagine you are about to enter your favourite place: How would you arrive in your place? What effect does the place have on your body? Are you relaxed and content, or alert and agile? How would you stand in the space? What mood do you want to convey in this place?

- And then how would you move around the space? Would you crawl, skip, march? How do you interact with the space and use it? Include at least 3 clear gestures, and think about adding some pauses into your movements at key moments.

TIP: Use your descriptive writing from ‘Your Favourite Place’ task to help you imagine your favourite place.

AMAZING IF: You can create a 30-second performance of arriving in your favourite place and moving around it. Show your audience what your favourite place is like by physically being in it.