

Hello!

My name is Jennie and I am going to be leading the 5 week 'On My Street' course where we will create our own work about how we are feeling and what life is like at the moment. This may take the form of a traditional monologue but it may turn into a poem, spoken word, a rap or song, a short story – whatever you feel is the best way to explore what you want to say. So please keep everything we do in the sessions and between them- they will all contribute to our final piece! You will also get a chance to learn some key skills in performance (such as movement and voice work) which all professional actors learn.

There will be some work set at the end of every week. You can spend as much or as little time as you are able to on this – if you are unable to do anything between sessions let me know and we can work something out!

The more you can put into this work, however, the more you will get out of it. I explain a bit more about this in the video here (plus you get to see who will be teaching you!)

<https://www.youtube.com/watch?v=2Xof45sttsE>

SO! Onto our first session – an introduction to free writing!

Today we started getting to know each other and played some improvisation games to start working our acting muscles.

We played 2 truths, 1 lie and a game called Panel of Experts. If you fancy trying these at home I explain the rules in the video here;

<https://www.youtube.com/watch?v=oh6Ubtxr02Y>

We then had a discussion which I have called 'LOCKDOWN FEELS'. This was all about how we are feeling right now. Here are some of the questions we asked ourselves;

Have you enjoyed anything in this time? Has that surprised you? Was this something new?

What have you missed most?

What's been the hardest thing for you?

What's been the easiest thing for you?

Have you noticed anything new? About your local area? About your family? About yourself?

What's the first thing you are going to do when rules are relaxed?

Why not ask yourself these questions? Either you can just think about them or you could write down some key points so you don't forget.

We then started our first free writing session.

What is free writing? Free writing is when you set a time limit and you write continuously for that time about anything that comes into your head. It doesn't have to make sense or follow any sort of story- it can be completely random if that is

how your brain is working today. If you get stuck, a good technique is writing the same word over and over until you think of anything else. Try not to overthink it and just let it out!

We used ideas that had come up out of this discussion to be the starting point for the free writing.

I would like you to do this at home. Set yourself **10 minutes** to complete the exercise. If you don't like writing with pen and paper you can use the computer or you can voice note your thoughts. Don't be worried if some things that are a bit upsetting come up – it can happen. This is a weird and stressful time for all of us! Just try to keep writing and your brain will take you elsewhere. You can play music but try to play something with no words as it can be distracting.

If you are confused about any of this you can hear me explain it again here;

<https://www.youtube.com/watch?v=qELjOLBefIA>

Once the 10 minutes is up, take a break – have some water and clear your head! Then come back to it and have a moment to think about how that felt. Did anything surprising come up?

Now perform it, either to yourself or maybe someone else at home if you would like. How does it feel saying it aloud? Does it sound like you? Does a character come to mind?

We are now going to do another free writing exercise. This time you have **15 minutes** to write a letter to yourself in 6 months time. Continue to use the tools we have learnt doing the previous free writing exercise. Don't limit or stop yourself – try to let the words just come out. If you get stuck you can just repeat things until a new idea comes to you. Try to be open and honest.

You can give yourself tips to get through lockdown, you can talk about things you have learnt, you can comment on how you have coped.

Once you have completed the last exercise it brings us to the end of the session!

For next week;

Please can you form the free writing letter, into more of a traditional letter (i.e. you can add Dear *Jennie* – obviously your own name! – give it a beginning, middle, end) and bring it along to next week's session.

Once you have done this you could (only if you want) submit it to the website below that will then send it back to you on your chosen date (6 months, 1 year, 3 years time maybe?!);

https://www.futureme.org/?fbclid=IwAR0HBv7oIYdoo_uJTKKq1ZWky0zH_N_Aurgwi5wPCKagoh2Ctbv-3Zb_T9c

I look forward to seeing you next week! - Jennie