

Name of Exercise: neutral
Aim of Exercise: To focus students in preparation for exercises
Length 5 mins
Headline/Summary (one sentence): A practical activity that allows the students to remove emotion before entering character work.
Possible themes/curriculum links:
Soft Skills/PHSE: Focus
Resources/Space required: Can be done stood up behind desks or in a large open space
Step by step: <ol style="list-style-type: none"> <li>1. Ask students to stand alone in a space with feet hip width apart and arms loose at their sides and close eyes</li> <li>2. Initially start with focusing on breathing – steady breath in through the nose and out through the mouth to a count to keep it regulated.</li> <li>3. Next the students should slowly relax their muscles and descend their top half to meet their toes (like a rag doll) and slowly back up again – still keeping the breathing steady</li> <li>4. Now they can start to move around the room with no emotion or purpose – a blank sheet of paper.</li> <li>5. From here you can lead into character work. With neutral it is important to return to this state after doing any character work – this helps prevent the young people 'carrying' any emotions with them from the work.</li> </ol>
Alternatives: (ideas from different practitioners/context)
Follow Up Curriculum links/suggestions: <ul style="list-style-type: none"> <li>- This can be used in any subject prior and post any character work</li> </ul>
Follow Up Drama links/suggestions: <ul style="list-style-type: none"> <li>- Prior and post any character work. This is also a fantastic activity to set up any drama activity. It can become almost like a focusing ritual that leads the class into and out of drama</li> </ul>