

# Adjust light

Scenes must be done in a theater-like environment, thus light might be adjusted.

## Part One: Solo Scenes

### Sequence 1

Stand on the floor, walk to the table, remove your jacket and hang it on the chair then sit. Put down the phone and the bag on the table. Sit for 1 second. Take the phone, answer, start talking. While talking, stand up, walk around the table, pick up the vase, look at it, then put it down again, and sit on the table, check the time. Turn around, pick up a pen and book and start writing as if taking notes. When the call is finished, put the phone in your pockets.

- Redo the scene to use a laptop while talking on the phone.
- Redo the scene to use the laptop before answering the phone.

### Sequence 2

Stand on the floor, walk to the table, pick up a bottle, drink from it, put it down.

- redo the same scene but drink from glass after pouring in it.
- redo the same scene but throw glass/bottle.

### Sequence 3

Stand on the floor, walk to bed, pick up a doll, start talking to it and playing with it, sit on bed, think (like Rodin "the Thinker") then lay while holding it high. Throw it on the floor.

Redo the same scene but:

- put the doll on bed, stand up.
- put the doll on bed, sit down.
- while sitting, throw it; put it down.
- while standing throw it; put it down.

## Sequence 4

Stand on the floor, walk to the table, pick up a book, open it and start reading.

Redo the scene multiple times:

- Throw the book on the table/floor.
- Put it on the table.
- Pick it up from the floor.
- Pick it up from the bed.
- While reading either sit on the bed or lay.
- While reading, sit on the table or the chair.

## Sequence 5

Stand before the bed, sit and pray the christian way. Stand up, get carpet, open it, put it on the floor and pray like muslims do. Finish, get carpet, fold it.

- put carpet on bed.
- put carpet on the chair.
- throw carpet.

## Sequence 6

Stand on the floor, walk to the ladder, get it in position. Climb up.

- climb up while holding a vase/doll/box/book/glass/bottle...
- Jump down.
- climb down.

## Sequence 7

Stand up on the stage, walk back and forth, start screaming, grab whatever object and throw it. Then kick any object. After that punch any object. Then sit on the floor/bed and start crying.

Put on a jacket and leave.

- Redo the scene for each object.

## Sequence 8

Pick up a box, walk towards the table, put it on the table, add water to the vase, pour water on plants, pick up the box then walk and put it down on the floor. Wipe the table, then use the broom to clean the floor. Head to the bed and change sheets.

## Sequence 9

Walk to the table, pick up a laptop and popcorn bowl, head to bed. Lay on the bed. Open the computer then start watching series/documentaries/animes while eating popcorn.

- Redo the scene by watching the laptop sitting on the table.
- Redo the scene by watching a sports game, jump while screaming and clap.

## Sequence 10

Get groceries to the table, get them out of bags and make a sandwich. Start eating.

- Redo the scene by acting like you're mixing ingredients in the recipient.

## Sequence 11

Walk to the center of the scene, put the yoga mat on the floor, and start training. Jump, bend, crouch, use weights to exercise arms, then pick up the rope and start jumping, put it back. Punch and kick the air.

## Sequence 12

Walk to the bed, jump on it, fall from it, then walk to the table, climb on it, jump from it, climb again, then fall. Do that again with the chair.

- While on top of these objects, act as if you are changing the lightbulb before falling.

## Sequence 13

Dance. Jump, run, clap, fold arms, improvise, do choreography.

## Sequence 14

In darkness (adjust light so it is darker), walk to the table, light candles using matches. Sit on the chair, start writing a letter using a pen (redo the scene using ink + feather). Fold the letter, put it inside an envelope. Stand and leave the scene (letter in hands).

- Redo the scene to burn the letter using the candle fire.
- Redo the scene to throw away the letter.
- Redo the scene to tear it up and wipe your face.

## Sequence 15

Walk to the center of the scene. Put a bowl of fruits/vase on the table. Walk backwards, sit on the chair and start painting. You can use brushes, paint, pens. Improvise.

## Sequence 16

Walk to the center of the scene, sit on the small chair, fold your sleeves and start washing clothes in the plastic basin. Wring the pieces, stand, pick them up, and hang them out. Remove the dry laundry and iron it on the table.

## Sequence 17

Get wood off the shoulder, pick up a saw, then start cutting.

- Redo the scene using an axe.

## Sequence 18

Walk to the center of the scene, pick up shoes. Walk to the chair, sit down, put on the shoes. Stand and walk to the bed. Remove the shoes, then put them back on. Move again to the chair, sit and remove the shoes.

## Sequence 19

Walk, sneeze. Get your handkerchief, blow your nose. Put it in your pockets. Cough.

- Cough using hands.
- Cough in the handkerchief.

## Sequence 20

Walk to the bed. Lay down like a king would do. Use the fan.

# Part Two: Two Persons Scenes

## Sequence 1

Both walk towards each other. Start talking, exchange conversation with gestures, then one of you will start screaming. The other does the same. Pick up a fight, punch and kick each other. One will throw the other person on the ground.

## Sequence 2

Both walk towards each other. Shake hands and start talking, exchange conversation with gestures, then one of you will start screaming. The other would go down on knees and start crying and begging to the angry person.

- The first person would push the other away by kicking/using hands and leave.
- The first person would go down as well and hug them while comforting them, both would stand, hug, then leave.

## Sequence 3

Woman, water plants and singing. Man walks towards her, goes down on one knee, pulls a ring from his pocket, she turns to him, he proposes.

- She starts clapping and hugs him saying yes, so he puts the ring in her finger.
- She bends to him, puts her hand on his shoulder, comforts him because she said no, then leaves. He starts holding/wiping his face.
- She throws the ring away, starts screaming at him then leaves (Why not slapping).

## Sequence 4

Two guys, then two girls, training (sequence 11). Then high-five. Do the same with games watching (sequence 9).

## Sequence 5

Person 1 and 2 fight on the scene, person 1 hits person 2 on the head and runs away. Person 2 falls on the ground, dying. Person 3 arrives, goes down, holds agonizing person 2, starts crying and screaming. Person 2 dies.

## Sequence 6

Two persons: one chooses a sequence or a state. The other hands her an object.

- Redo the sequence with maximum possibilities.

## Sequence 7

Teaching. One person would sit at the table and write notes. The other would be standing, explaining something while walking back and forth, sometimes bending on the table to check notes, sometimes sitting on it. The student would then raise their hand, the teacher would come close and answer the question. Teacher would also write and wipe the board (Ink and chalk).

## Sequence 8

Two people help each other transport something. Pick it up from either the table or ground, then put it either on the table, or floor.

## Sequence 9

One person would be standing minding their own business. The other would come from behind and strangle them until they fall to the ground and die. Dying person needs to show how painful it is.

- Redo the scene where the killer would come either from behind or front and stab the other.

## Sequence 10

Soldier on the floor wounded. The other person cleans the wound apply a sterile dressing, such as a non-adhesive pad with a bandage.

## Sequence 11

Walk to the bed. Lay down like a king would do. Eat fruits from a bowl. Wave at someone. The other person would come and start fanning.

## Sequence 12

Stand in front of each other. Hug. Soldier leaves. She starts crying and wiping tears with a handkerchief and waving at him.

## Sequence 13

Sit down on the chair. Start reading newspapers. First one in Arabic, second in French. Then a woman/man would come and bring coffee, put it on the table. Start sipping coffee. Throw away the cup and tear up the newspaper.

## More Sequences

- Part one sequences 1 and 2.
- Part one sequences 1 and 3.
- Part one sequences 1 and 4.
- Part one sequences 1 and 7.
- Part one sequences 1 and 9.

- Part one sequences 1 and 10.
- Two persons do part one sequence 10 as if in a cooking show.
- Part one sequences 6 and 7.

## Part Three: Group Scenes

### Sequence 1

One person stands talking to a group of people. People are listening and interested.

- Redo the scene with people shouting either supportively or not.
- People can be sitting or standing. Sitting on the floor/chairs.

### Sequence 2

A group of people dancing, either all together or by having a lead. (Part One Sequence 13). Some start singing.

### Sequence 3

A group of people sitting either on chairs or on the floor, chatting. They would hold hands. After a moment one would stand and start talking to them while walking to the center.

### Sequence 4

A group of people sitting at the table eating and chatting. One stands to give a toast. Then they start clapping all at once.



## Sequence 5

General stands in front of a group of soldiers, and they salute him. He salutes them back.

## More Sequences

- Part one sequence 5 as a group.
- Part one sequence 15 as a group.
- Part one sequence 17 as a group.
- Part one sequence 8 as a group (split the tasks).

## Remarks

- All scenes should be repeated at least twice (one time a man, and another time a woman).
- Try to make the scenes look dramatic (gestures) so we can get the feeling that these are real theater scenes.
- All your ideas are welcome.
- Background must be changed and varied.
- Do scenes in different lightings.

# Additional Scenes

## Sequence 46

Two persons (p1, p2) talking while standing up, p1 is eating snacks (eg: chips), p2 shake hands with p1 and walks away, p1 walks toward a chair, sit down, continue eating, fanself with hand/paper, wipe face with a tissue, stand up, walk away.

## Sequence 47

Two persons (p1 and p2) walk towards each other, they hug, start talking, high five, one starts clapping, continue talking, hand wave, walk apart from each other.

## Sequence 48

Person p1 walks toward a chair, sit down, put on shoes, stand up, put on jacket, walk away.

## Sequence 49

Person p1 walks toward a chair, sit down, take off shoes, stand up, take off jacket, walk away.

## Sequence 50

Walk to the table, light candles, sit to the chair, start writing and reading. Fold the paper, stop and think. Shred the paper and throw away.

## Sequence 51

Sport with a coach.

## Sequence 52

Paint wall.

## Sequence 53

On persone sitting on a chair, another one scolding them.

## Sequence 54

One person sitting on the table, another one using the broom. They are chatting.

## Sequence 55

Hold the candle and walk.

## Sequence 56

Wounded soldier dying while another person is crying him.

## Sequence 57

Ballet dancing.

## Sequence 58

Speaking in the microphone.

## Sequence 59

Plating ball together (2 persons).

## Sequence 60

Playing football altogether.

## Sequence 61

Walk to the table, open folders box. Check folders. Put them back in the box.

## Sequence 62

Spray air freshener.

## Sequence 63

P1 sitting on the table. P2 bringing the food.

## Sequence 64

Two pesons chatting, one touches head and faints (falls to the ground).

- Redo the scene so that the falling person gets caught by the other.