

LESSON 4, WARM UPS, MONOLOGUE AND SCENE:

STRETCH YOUR MOUTH AND OVER EXAGGERATE WHEN PRACTICING THESE VOICE AND DICTION WARM UPS. REPEAT THREE TIMES:

Give me the gift of a grip top sock,  
A dip-drape, ship-shape, tip-top sock,  
Not your spiv-slick, slap-stick, slip-slop stock,  
But a plastic elastic grip-top sock.  
None of your fantastic slack swap-slop  
From a slapdash, flash cash, haberdash shop.  
Not a knick-knack, knit-lock, knock-kneed knickerbocker sock  
With a mock-shot, blob-mottled trick tick-tocker clock.

Which wristwatch is a swiss wristwatch?  
Which wristwatch is an irish wristwatch?  
Which wristwatch is a swiss-irish wristwatch

Betty Botter Bought Some Butter,  
But, she said this butter's bitter  
If I put it in my batter,  
It will make my batter bitter.  
But a bit of better butter  
Better than the bitter butter  
Will but make my batter better.

PRACTICE AND PERFORM THIS 30 SECOND MONOLOGUE FOR BOTH MEN AND WOMEN, FIND THE BEATS AND MAKE IT REAL:

"I knew who I was when they found me. I knew my friends and family would be worried, but I just wanted to fold up and stop. I didn't want to think anymore! Yea, well I wasn't Sam Nordoff for almost a full day, and no one else showed up for the job; I guess

I'm stuck with it. I'm sorry this can't be very entertaining. There are people here with real problems. Yeah, just like me I guess. I um...I fell down in the woods when I was running. I fell and I looked at the ground. I saw my hand and my sleeve and the little button on my sleeve and I said to myself, "Ok if this is the last thing I see, I can handle it." But it wasn't! It wasn't the last thing I ever saw. I just kept going. How does someone just keep going after the worst has already happened?! What do you have to change inside to survive?! Who do you have to become?!"

Be ready to perform the monologue at any time!