Welcome to Explorations of Acting and Playwriting! I am very excited to work with you. Please wear clothing you can move in easily. This course is active and you should come ready for movement and floor work. Leggings are ideal. Restrictive clothing is not appropriate. We will often work without shoes and in bare feet. Also bring:

- A readiness to work!
- Your imagination
- A sense of humor
- A yoga mat
- 3 composition notebooks, nothing fancy
- A couple of pens
- A water bottle

You may bring a tablet or laptop for note taking and smart phones for audio recording

Recommended reading:
Steal Like An Artist by Austin Kleon
“You don’t need to be a genius, you just need to be yourself. That’s the message from Austin Kleon, a young writer and artist who knows that creativity is everywhere, creativity is for everyone. A manifesto for the digital age, Steal Like an Artist is a guide whose positive message, graphic look and illustrations, exercises, and examples will put readers directly in touch with their artistic side.

When Mr. Kleon was asked to address college students in upstate New York, he shaped his speech around the ten things he wished someone had told him when he was starting out. The talk went viral, and its author dug deeper into his own ideas to create Steal Like an Artist, the book. The result is inspiring, hip, original, practical, and entertaining. And filled with new truths about creativity: Nothing is original, so embrace influence, collect ideas, and remix and re-imagine to discover your own path. Follow your interests wherever they take you. Stay smart, stay out of debt, and risk being boring—the creative you will need to make room to be wild and daring in your imagination.”

See you very soon!
Helene
www.helenekvale.com