In order to successfully reach the goals of the course (expressed in the title), each student will get familiar with the mime techniques listed below. Each of the 5 class sessions will build on the previous one and develop **silent storytelling** skills within each student to the point where they will strengthen their self confidence and presence.

Here are short descriptions of the techniques which will be learned, with their respective salient points.

**Step walk**: weight on one leg, heel up, as the other leg goes back staying straight

**Profile walk**: one leg forward, toes up, then down and the leg goes back to hit the ground as the knees of the other leg bend

**The wall in front of you**: hands stay at the same spot in space as the body moves

**The wall behind you**: hands stay at the same spot in space as the body moves

**Pushing with the head, chest, hips and knees**: distance between hands stays the same

**Pulling with the hands with occasional resistance**: distance between hands stays the same

**Playing with a ball**: the eye movements determine the height

**Fixing a drink**: grab and release the bottle/glass with clarity, pour into a glass from a bottle

**Leaning on a counter**: body weight is on leg closer to the counter

**Sitting on a stool**: hips move forward/backwards as head stays at the same height

**Crying with the chest**: chest starts being outward and hunches in by abrupt tiny movements

**Sowing with the chest**: chest starts being outward and hunches in by abrupt tiny movements

**Climbing up a ladder**: combination of two movements

**Going down a ladder**: combination of two movements

**Six basic emotions + contempt**: exaggerate the expressions!

Walking around the room looking like a king/queen, landowner, powerful master

Walking around the room looking like a submissive, powerless person

Walking around the room being pulled by one specific **part of the body** (neck, hip, finger, shoulder...)

**Notion of weight**: shown by the tilting of the body sideways and the upward movement of the shoulder

**Notion of visualization of space**: playing with a stick, going around a vertical bar
Moving sideways with a smooth movement of the feet with a heel-toes-heel-toes-heel ... sequence

**Felling a tree** (two people)

**Pulling a person** caught by a rope (lasso)

**Holding an umbrella** on a rainy/windy day

**Window washer** washing a window

**Digging a hole** with a shovel, finding a treasure

**Going up** the stairs

**Going down** the stairs

Going on/getting out of a **conveyor belt**

**Ideas for skit improvisation**

1. I play with a ball and it gets stuck in a tree. I climb a ladder to get it.
2. I play with a balloon tied up to a string and the balloon takes me off the floor for a trip in the air.
3. I cook a meal and put it into an oven. It is overcooked, I am surprised, angry, sad...
4. I walk my dog and the leash gets entangled with the leash of another dog - a nice unexpected encounter...
5. I walk and I find a door, I open it and get into a room which shrinks in size
6. I am sweeping the floor and I start dreaming that I am rich
7. I am at a restaurant and I am not happy with the food. Two characters: client + waiter
8. I buy an Ikea furniture kit, I mount it and there is one piece which is left and does not have a destination...
9. I go fishing and instead of pulling a fish, I pull a shoe
10. I go on in the jungle and I observe animals. I play the part of each animal.
11. I receive a wrapped gift in a huge box. The gift is tiny (ring, necklace, watch). I am surprised/pleased/unhappy
12. I am a teacher and I ask questions to a class. Two characters: the teacher and the student answering the question