

## Physical actions for Acting 1

1. walk in a circle
2. jump
3. punch
4. cover your face
5. lie down
6. sit
7. stand
8. pick something up
9. move something
10. put something down
11. kick
12. take something off
13. put something on
14. throw something
15. catch something
16. clap
17. hug yourself
18. push something
19. rub your neck
20. run hands through hair
21. clasp hands
22. slap something
23. pace
24. lunge
25. spin
26. crouch
27. stick out your tongue
28. shake your head
29. crawl
30. move your hips
31. touch your body
32. reach
33. wave your arms
34. shrug
35. rub legs
36. rub arms
37. pound
38. blow a kiss
39. eat something
40. roll on the ground