You have a magical piece of candy. Every time you put it in your mouth and chew, imagine it gives you a different character voice. E.g. robot, witch, bear, queen… How many voices can you do?

Choose a favourite story. Act it out without using words. Play some fast music as you act it out. How does your performance change if you use slow music?

Put on some music that you like. Choose a part of your body. Imagine there is a string attached to it pulling you. Move around to the music letting that body part lead. What shapes and movements can you make? Can you create a dance?

Choose 5 places in your home. Choose or make up a story and perform each scene in a different area. You could decorate these areas, creating a backdrop to the scene. Ask your audience to walk between each area.

Put on some music that you like. Choose a part of your body. Imagine there is a string attached to it pulling you. Move around to the music letting that body part lead. What shapes and movements can you make? Can you create a dance?

Choose 5 places in your home. Choose or make up a story and perform each scene in a different area. You could decorate these areas, creating a backdrop to the scene. Ask your audience to walk between each area.

Collect objects from around your home that could make different sounds. What sound effects can you create using them? Can you use them to make the sound effects for a story?

Find a pair of shoes that are not your own. Put them on and walk in them. How do you walk? What does it make you feel like? Think up a character and see how long you can pretend to be that person for.

Think of a favourite story. Scrunch and sculpt tin foil or paper into miniature props for your story. Use them to act the story out.

Pretend to have an argument with someone using only the word BANANA. How can you show emotion?