

Confident / Shy
 Calm / Touchy
 Proud / Ashamed
 Sensible
 Easily led
 Gossip / chatty
 Lazy / Energetic
 Brave / Coward
 Happy / Sad
 Depressed
 Loner / lonely
 Bully
 Sophisticated
 Uneducated
 Snob
 Flirt
 Joker
 Evil / innocent
 Selfish / kind



VOICE



LOUD / SOFT
 SMOOTH / ROUGH
 WHISPER / SHOUT
 WHINE / FIRM
 STUTTER / SHAKY
 SLUR / CLEAR
 GET LOUDER-SOFTER

HIGH-LOW

SIGH / MUTTER
 NAG / MUMBLE
 BOAST
 DEMANDING
 ACCENT / POSH
 GIGGLE / GUFFAW
 SWALLOW

EYES + FACE



STARE - DART AROUND
 NARROWED - WIDE OPEN
 SCREW EYES UP
 WINK - BLINK
 FLUTTER EYELASHES
 SQUINT - DAYDREAM



LOOK DOWN NOSE
 GRIN - GRIMACE
 SULK - PLEAD - FROWN

WALK



SLOW - FAST
 STRUT - SWAGGER
 LIMP
 TIP-TOE
 SHUFFLE
 DRAG FEET
 MARCH - STRIDE
 SKIP - RUN
 PACE UP & DOWN

POSTURE - ARMS - HANDS

STOOD TALL - HUNCH -
 CHEST OUT - HEAD UP/ BOWED
 Folded - by your side
 Loose - tense - clench
 Scratch head - crack knuckles
 Shrug - bite nails - point - jab
 Fiddle with hair / clothes



TASK-

1. Choose the words [adjectives] that best describe your character .
2. Experiment with all these different ways of standing, speaking & moving.
3. Decide which ones suit your character best.