

LESSON 4

Sensory Awareness

LESSON OBJECTIVES

- ◆ Identify sensory awareness.
- ◆ Understand the importance of sensory awareness in theatre.
- ◆ Participate in activities to develop the five senses and utilize them.

Warm Up

Choose one of your senses and in your journal write why you believe it is the most valuable sense.



All of us collect fortunes when we are children—a fortune of colors, of lights and darkness, of movements, of tensions. Some of us have the fantastic chance to go back to see his fortune when grown up.

Ingmar Bergman

ACTION

1. Seeing an Object. Recall in your mind how each of the following objects looks.

- | | |
|--|---|
| a. a mushroom | g. your favorite toy when you were a toddler |
| b. a dirty sock | h. a kitten |
| c. a tulip | i. a \$20 bill |
| d. a fish in an aquarium | j. a strand of hair |
| e. a fish you have just caught | |
| f. paint that is blue, black, red, yellow, green, or orange | |

What other senses besides your sight help you to remember these items? Where were you when you last saw each of these items? What activity were you engaged in? What emotion were you feeling?

2. Smelling an Object. Recall how the following items smell.

- | | |
|---------------------------------|--------------------------|
| a. toast that has burned | b. roses blooming |
|---------------------------------|--------------------------|

- c. fudge cooking
- d. cough syrup
- e. a slice of lemon
- f. pine trees or cedar trees
- g. car exhaust
- h. coffee
- i. cabbage cooking
- j. someone eating oranges
- k. rubbing alcohol

What other senses help you remember these smells? Where were you when you last smelled each of these odors? What activity were you engaged in? What emotion were you feeling?

3. Hearing an Object. Recall how the following objects sound.

- a. your favorite music
- b. church bells
- c. a foghorn
- d. a siren
- e. a dog barking
- f. a baby crying
- g. a refrigerator running
- h. students laughing
- i. bacon frying

What other senses help you remember these sounds? Where were you when you last heard each one of these sounds? What activity were you engaged in? What emotion were you feeling?

4. Tasting an Object. Recall how the following objects taste.

- a. freshly baked chocolate chip cookies
- b. a lemon slice
- c. a peanut candy bar
- d. ice
- e. a hot dog
- f. popcorn
- g. spinach
- h. licorice
- i. strawberries
- j. cough syrup

What other senses help you remember these tastes? Where were you when you last tasted these items? What activity were you engaged in? What emotion were you feeling?

5. Touching an Object. Imagine touching the following items.

- a. sandpaper
- b. velvet
- c. plastic
- d. paper
- e. a hot cup of tea
- f. a glass of iced tea
- g. your skin
- h. the bark of a tree
- i. polyester
- j. seashells

What other senses help you remember these items? Where were you when you last touched these items? What activity were you engaged in? What emotion were you feeling?
