

# PUPPET WORKOUT

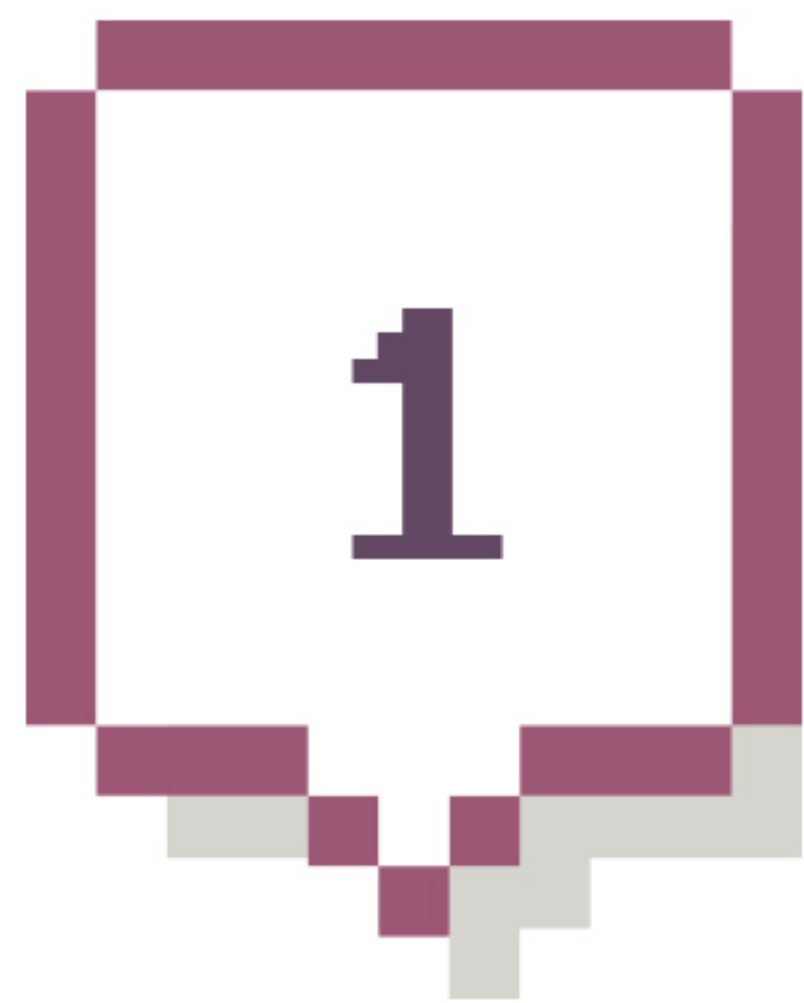
Stretch your hands before each rehearsal or performance.



# WEEKLY

## GOALS

Date: \_\_\_\_\_

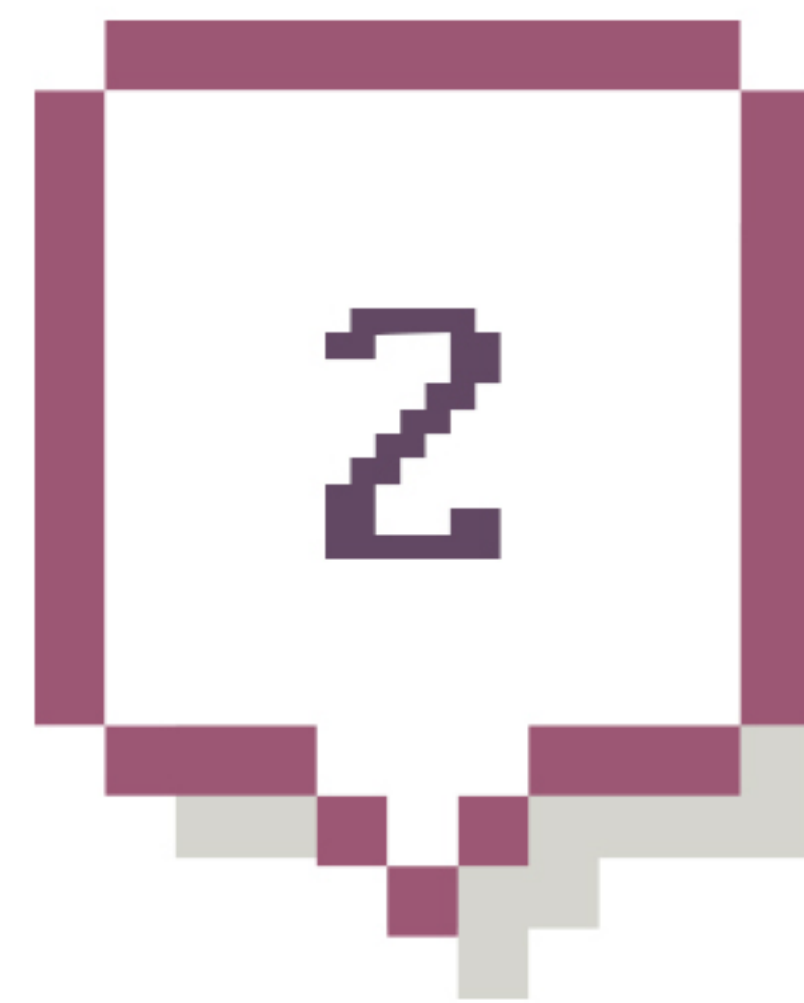


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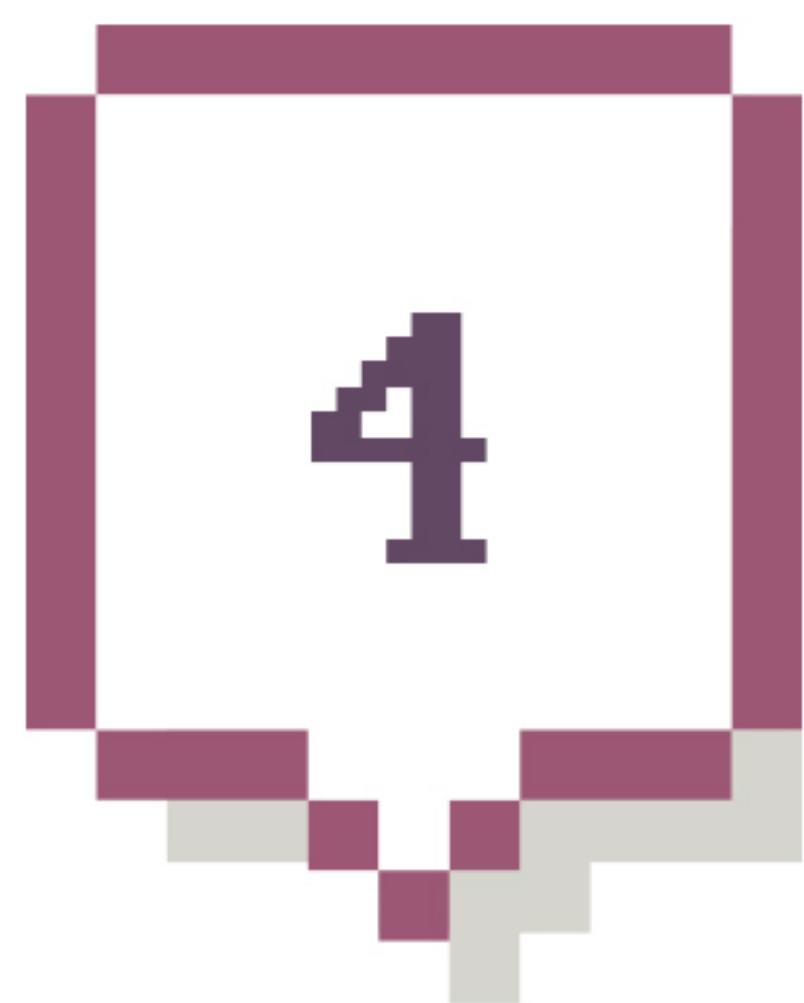


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NOTES:

Large rectangular area for notes, with a dark red border and a folded corner effect at the bottom right.

# MONTHLY

## OVERVIEW

Month: \_\_\_\_\_

### ACTION STEPS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

MONTHLY GOAL	○○○

SUN	MON	TUE	WED	THU	FRI	SAT

# SCENE STARTERS

## FOR SHORT BITS

What is a very special but ordinary memory you have that would not really mean much to someone else if you told them?

What's a random but vivid memory you have that you'll never forget, but doesn't really hold much importance in your life?

What is something you're weirdly good at without having had formal training or much practice?

Is there a moment in your life that you wish you could do over? If yes, what is it and what would you change?

When you were a kid, what did you think you would do when you grew up? How close were you?

"HELP!"

"Why didn't you call me last night?"

"I have solved the problem."

"Why are you staring at me like that?"

"It has begun."

"Only one of us can leave here alive."

"Doctor, I need your help with this."

"You are the last person I expected to see here."

"This will never work."

"It's a brand new invention."

Wrestling promo "I'm calling you out!"

Persistent salesman

Sneaking to get something

# Questions to ask yourself:

*What does each character want?*

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*What is the scene about (not the plot)?*

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*What questions should the audience be asking?*

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*How do I want the audience to feel?*

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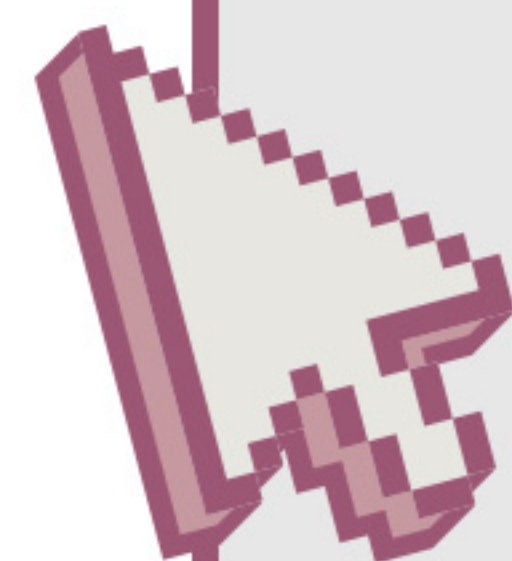
# SHORT SCENE CHECKLIST

- Breath, Focus, Brain
- Beginning, Middle, End
- Problem, Solution
- Puppet looks at audience when speaking
- Give each movement its own time
- Utilize entire performance area
- Emotions, heightened reality
- Beautiful movements that make sense
- Path of least resistance
- Did you stretch beforehand?
- Gags or Combat with no repeating moves
- Make the audience feel something
- Rehearse in front of real people

## PUPPET SLAM WISDOM:

“Too Short to Suck” “Start from the Middle”

“Stop at the Peak of Fun”



# PUPPETRY PRO CHALLENGE

*Are you awesome enough to do every challenge on this list?*

*Turn in your filled-out checklist to get a special prize!*

Stretch your hands every day for two weeks

Join a gym or start a consistent workout routine

Read a book about puppetry or a puppeteer

Watch a puppet show (online or in-person)

Attend a guild meeting, talkback etc and talk to people

Go to a puppetry or craft workshop and learn a new skill

Deep dive on a specific puppetry tradition not from the USA

Practice puppet gags and make someone laugh

Perform a 3-5 minute scene for someone, be bold!

Build a more substantial hand puppet

Join a national organization for puppeteers

Seriously plan to attend a puppet festival within one year

**Your Name (print):**

# 30 PUPPETEERS

## LEARNING CHALLENGE

Search online (and ask others) about the history and influence of these American puppeteers.

Try to do one per day. Find video if possible!

<i>Tony Sarg</i> 01	<i>Paul Vincent Davis</i> 02	<i>Bil Baird</i> 03	<i>Shari Lewis</i> 04	<i>Burr Tillstrom</i> 05
<i>Kathy Foley</i> 06	<i>Margo &amp; Rufus Rose</i> 07	<i>Wayland Flowers</i> 08	<i>Bart Roccoberton</i> 09	<i>Hua Hua Zhang</i> 10
<i>Bruce Schwartz</i> 11	<i>Dick Meyers</i> 12	<i>Hanne Tierney</i> 13	<i>Basil Twist</i> 14	<i>Stephen Kaplin &amp; Kuang-Yu Fong</i> 15
<i>Kevin Frisch</i> 16	<i>Phillip Huber</i> 17	<i>Peter Shumann</i> 18	<i>Claire Dolan</i> 19	<i>Eric Bass &amp; Ines Zeller-Bass</i> 20
<i>Drew Allison</i> 21	<i>Peter Schaefer</i> 22	<i>Larry Reed</i> 23	<i>Each member of Great Small Works</i> 24	<i>Blair Thomas</i> 25
<i>Dr Paulette Richards</i> 26	<i>Nancy Smith (Great Arizona)</i> 27	<i>Dr Manuel Moran</i> 28	<i>Nancy Aldrich</i> 29	<i>Paul Zaloom</i> 30

There are so so so many more American puppeteers of note! This is but a tiny list.