

ON STAGE IN ENGLISH



You thought that drama was only a boring activity in which you must learn huge uninteresting texts by heart ? You're **WRONG** ! Three hours with Sophie Brech are three hours of fun and entertainment in another character's skin. We forget all the tricky things, we're just disguised ! With the most extravagant but harmonious costumes, we aren't afraid of being ridiculous anymore and we got away from our usual behaviour.

Let's begin with the warming up !

All in circle, we started by warming up our voices and bodies. Linking gestures to shouting...

WHO'S THE BOSS ?

NOT YOU...? NOT YOU...? NOT YOU, NOT YOU, NOT YOU ?!

I AM THE BOSS !!!

BIG DOOR !

MY DOOR !

MY OFFICE !

I open the door : Clic, clic, clac, clac

ET VOILAAAAA !!!!

Anyway, you've understood, we had fun altogether.

Then, we spent some time preparing a Eurostar advertisement. Using stereotypes, mocking the relationships between French and British people, each group shared its own interpretation of the subject giving its best. Everyone managed to overcome the challenge of being on stage in English !

Sophie surprised us with the last exercise which seemed a bit easy : the Clown Birth. She gave us a precise rule about it and told us an anecdote we will always remember. Ariane Mnouchkine, a famous theatre director, has only one criteria to recruit her comedians for her plays : she gives them a very precise and extremely simple rule during the test and she takes only the ones who respect exactly what she told them and who don't try to do add complex things.

Our instructions were as easy as that :

- 1- Keep your red nose on your forehead while your head is down
- 2- Put your red nose on
- 3- Raise your head
- 4- Open your eyes as big as possible
- 5- Say your made-up name with a strange voice
- 6- If someone laughs : give him a wink ;)

ET VOILAAAAA !!!!

Clic, clic, clac, clac...

The curtains are shutting again !

Thank you Sophie ;) !

Manon and Cloélia, 2°9

On March 12th, the 2nd5/7 students were invited to take part in a drama workshop. Here are our impressions.

We're not going to lie, before starting we were kind of anxious and curious at the same time. But once we came to the theatre all our impressions were gone, that's when we met Sophie, the kind of person who makes others comfortable. The first thing she said was "Today we 're gonna act like clowns". We found this really weird but the idea of choosing our outfits suited us and after this we started warming up with funny exercises, and then everything continued following up from presenting a random character to improvising situations. We'd like to focus on the funniest and most surprising exercise, which was presenting an advert for the Eurostar: It was pretty much all improvisation but every single group came up with something decent. There is something we will remember for a long time which is when we prepared the Eurostar ad, everybody came up with really original ideas and we had a lot of fun preparing it. At the end of the day, we felt we had learnt a lot while having a good time. We would recommend this workshop to every school which wants an English-speaking workshop to expand the students' drama skills.

Antoine & Timothée 2nd5



THE CLOWN INSIDE US: A DRAMA WORKSHOP WITH SOPHIE BRECH

On March, 12th, the students from the European classes 2nd5 and 2nd7 took part in a drama workshop with Sophie Brech from the Theatre Fools and Feathers.

Before starting, we didn't really know what we were going to do. As we started warming-up, the kind of exercises that Sophie wanted us to do didn't make us feel very comfortable at the beginning. But then, more and more, we played Sophie's game and found it funny. They were maybe the most surprising exercises because we had to repeat and shout after Sophie, things like "The big door! My door! Not your door..." in different voices, extremely high-pitched or low.

Then, Sophie told us to pick up some clothes that she, and some classmates had brought, and "give birth to the clown inside us". The different results we saw were kind of creepy, but we really had fun because we could make fun of how we were dressed without feeling ashamed or embarrassed. It was a way to relax and do whatever we wanted to do, we were free to express ourselves and we really enjoyed it.

After that we had to speak in different voices from our normal ones: the different voices we could hear were creepy and we had a really good time!

At the end of the workshop, we finally had to do one last exercise and according to us, it was the funniest of the entire workshop. We had to make groups of three or four students and create a show by ourselves to promote a trip to England by Eurostar. It was maybe the easiest exercise because we felt more comfortable than at the beginning.

We can conclude that it was a really interesting show: some of us had never played theatre before, and through this workshop they could freely express themselves and the results were interesting! But it was also a really good experience because everyone played the game and no one stayed in a corner or waited until the bell rang. It was a really good time that will probably be remembered for a long time!

Etienne and Alice, 2[°]5

Thursday 12TH of March, Sophie Brech an actress gave us an acting lesson by making us participate in a “drama workshop”...

We were all a bit nervous before this acting lesson. We actually didn't really know what to expect, but of course we were very excited! We didn't expect what really happened, to be honest.

First, we dressed up with costumes. With those costumes, we didn't look ordinary at all, so it was funny. Then we circled up, we warmed up by screaming and walking through the circle, interacting with each other in the middle of this circle. After the warm-up we were all pretty comfortable and confident. We're pretty sure that the warm-up boosted our confidence; we didn't really mind wearing weird clothes anymore. Afterwards, we put on some Clown noses. At first we thought it was weird and the noses actually hurt... But then we got used to it and really got into the game. We had to pretend to be a character other than ourselves; we had to change our personalities, our faces, our voices and pretty much everything.

Then, we were told that we had to present an ad for the Eurostar. So we did! It was funny, we were all very excited, and some of us were running and jumping around like some little kids. But we all did a good job at this exercise.

We think that the easiest exercise was probably the ad for the Eurostar, we were so much into it because it was the last exercise we did so we were completely warmed up and ready for it. So, of course the Eurostar ad was the easiest exercise to us .

The funniest exercise was definitely the “clown birth” one. It was hilarious we laughed a lot, and it was very interesting and funny to play the clown. Changing every part of yourself for a moment is actually interesting and we don't get to do that often.

The most challenging activity we did was the last part of the “clown birth”. We had to walk on the stage on our own, stop in the middle and introduce ourselves (Pretending to be another character). That was very challenging... being on our own on stage, all eyes fixed on us is pretty nerve racking to be honest. But of course we got through it, but it was pretty challenging.

Honestly, we can't pick one “most surprising exercise” because they were all pretty much surprising because we are not used to doing anything like we did in everyday life. So everything was surprising and exciting.

For the funniest exercise, we have to pick the dressing up part, even though it's not really an exercise! It was just so funny to dress up in a weird style and to see everyone looking so ridiculous. I'd say it was the funniest part of the whole thing.

So that day we learnt that being an actor seems to be pretty funny! Everything we did was just so refreshing, and doing that everyday must be heaven, we would never get enough of it, I think! Being an actor is also about not caring what people might say about what we are doing, what gives us this impression is the dressing part, the screaming part and pretty much all parts of the workshop. Being ridiculous is so much fun when you're confident, that's why when you're an actor you act pretty confident most of the time, you're not afraid of being ridiculous!

I think we can't pick only one thing to remember, so I'm going to go with the whole workshop in general. It just taught us so much and made us get out of our stressed, under pressure life. It took our mind away in the best possible way. We are teenagers, we have mood swings, we're constantly complaining about everything, we are stressed out 24/7 because of expectations from our parents, our teachers and even from ourselves sometimes. Old people say that being a teenager is easy... But trust me it is NOT, we're going through a lot, anyway this workshop was all we needed in our teen life! It may sound ridiculous but it's true, this workshop brought us a lot. Even though it was only 3 hours, it taught us a lot which we'll forever be grateful for. It was just ... unforgettable.

Sonia and Alexandre, 2^o5

Thursday 12th of March, we were given a workshop in the theatre with an actress called Sophie Brech. We expected a funny workshop where we could express ourselves and have fun together. We first did

the warm-up. After that, we felt more confident and comfortable, so we took several clothes displayed on the stage and we did « the clown birth». We felt really different and we could express our feelings differently from usual, without being afraid of any judgement. Then we all prepared ads for the Eurostar ; it was the funniest and the easiest exercise because everyone had good ideas and we had time to prepare, so we didn't have to improvise. We learnt that an actor's job was really interesting and that it could be a great means of personal development. We will remember the exercises for a long time. We really found it awesome.

Big thanks to Sophie!

Thomas and Nolwenn, 2°5



We were asked to bring colored clothes, props and whatever we wanted to disguise ourselves. Before this workshop, I expected a theatre lesson: Sophie would teach us how to act different characters and so on, but it was something else. First, we changed our outfits; we did an exercise where we repeated what Sophie said, we acted different emotions, different ways to behave. Then we began to choose other voices and other names to have different personalities and transform ourselves. After all this, she separated the group into two parts: one part sat on the stage and the other sat on the chairs in front of the stage. She gave out red noses to the people who were sitting on the stage. They needed to find a new voice and to say different things they liked. Then they stood up on the stage and walked in a different way than usual. The other group did the same things as the first. After this big exercise, the workshop was finished. The aim was, in fact, to find our personal clown. Actually, all clowns don't need to be comic or to tell jokes all the time: they can be sad or shy or mean and this is very interesting. Each clown has his way to be funny: that was what we had to find, our unique personal clown. The best exercise for me was when we wore red noses and we took new voices, new ways to behave etc. It was really funny to create someone

else than you. The most surprising was when we repeated what Sophie said because we needed to shout strange expressions like “The big door” while miming a door’s shape... This workshop was really good. I learnt so many things about the job of actor: the main fact is that it is difficult to change personality and to act a new character. I really thank Sophie for this.

Mathilde Isnard, 2°5

On 12th March, we took part in a drama workshop with Sophie Brech. We practised several types of activities with her: we first had to change our appearance with coloured clothes to be a “Clown”. Then, we warmed up by moving and saying different sentences with unusual voices. The most surprising exercise was when we had to wear red noses: we became different people, because the red nose is a kind of mask (the smallest) and we had different ways of talking, walking and dressing. After that, we had to prepare a little show which had to be an ad for the Eurostar. There were several groups, and thus different ways to promote Eurostar. It was the final exercise and we think it was also the funniest one: we had to perform on stage like real actors and it was very interesting. Thanks to Sophie we learnt about an actor’s job, a difficult way of life because it requires a lot of training and talent, and sacrifices, like travelling a lot.

It was a really interesting experience, as much because of the exercises we did as because of the things we learnt. Thank you Sophie, we would do it again with pleasure!

Victor and Gaspard, 2°5

And here are some of the emails the students wrote to thank Sophie for the workshop

Dear Sophie,

First, we would like to thank you for the three hours you spent with us this Monday. We just **loved** this drama workshop, especially when we disguised as different characters. It was really fun to see ourselves in the skin of another person. We’d never done that before and it was really instructive and funny. We took a lot of pictures and be sure that we will remember it ;)

You were very enthusiastic and natural and that is why this session attracted us. If you had been an old depressive lady without interest about what you were doing, this drama workshop would have been annoying and boring.

The most challenging exercise was inventing the ad for the Eurostar company because we had to create a whole sketch and to play it on stage in front of everybody. But with the help of your advice we did it!!!

You made us understand that being good at theatre could be an asset in school and in life, for example for an oral exam, and it’s always good to have done a bit of theatre in your life even if you don’t want to be an actor. But we do, thanks to you!

Thank you again for everything, we wish you all the best in your life :D

Nicolas and Clémence, 2°4

Dear Sophie,

I thank you very much for the great moment we all spent during the theatre workshop. It was funny and created a real link between all the members of the class. We still have fun when we talk about it!

I really enjoyed the fact that we all disguised because it enabled us to be someone else for the time of a very funny moment, even if the shirt buttoned up the wrong way wasn't very comfortable.

I think you are a real magician because, before this, I had never seen someone totally liberating the students and permitting them to be someone else and forget their own problems to just have fun together. It was amazing!

I really enjoyed when we had to create an advert for the Eurostar, it was very funny and interesting and at the same time permitted us to express our creativity.

I also enjoyed transforming myself into a clown; it was a moment I will never forget in my life!

I thank you very much for this unforgettable moment and I send you all my best wishes.
ET voilà!

Mathis.R, 2°4

Dear Sophie,

I enjoyed your drama workshop, it was very cool and it's an easy way to make us more confident. I especially liked the last activity, the "make an ad for the Eurostar" one because we could do something on our own. I'm shy and I don't like to speak in public because I'm ashamed of my accent but it was okay this time.

Anyway, thanks a lot

Nina, 2°7

PS: I'm in love with your accent

Hello Sophie !

I really liked the clown workshop we had with you! It was so funny and it really changed my mind about clowns! I already knew it was a big work on body language but I still had some clichés that you easily broke with your smile, your enthusiasm and your talent! The freedom and the sincerity you tried to make us feel opened new horizons for us and I really enjoyed discovering this new part of theatre! So, for everything you made me feel and the very good moment I spent, thank you!

Marianne, 2°7