



Armory Teaching Artist:
Grace Lacques



Armory Teaching Artist and drama instructor **Grace Lacques** began her theater studies in France, studying master Etienne Decroux's physical theater techniques and continuing her eight years of acting training in Italy, San Francisco, and LA. She adapted these techniques for children and has taught drama for all ages for over 25 years. She has been teaching, writing, and directing short plays at the Armory for over 20 years. Grace is a Co-Founding Member of the Samai Theater group, whose original production *Silent Trafficking* was performed at UCLA, UCI, and UCSB.



Learn more about Grace on
Instagram @Amazinggracie99

Armory Arts At Home

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Fun for all ages!

#ArmoryArtsChallenge:

Beyond the Selfie: Summon the Actor Within

All of the world's a stage and we're all actors.

From Armory Teaching Artist Grace Lacques, this challenge invites actors of all ages to create a character based on this single word: HOPE. Your character will personify HOPE. Your character is HOPE. Your character brings HOPE to life. Once you create your character, take several selfies until you capture an image that truly personifies your character's spirit, then share it.

Begin

Find a quiet moment. Sit or lie in a comfortable position. Close your eyes. Imagine what the word HOPE means to you today. Picture your body and your face illustrating, personifying, and symbolizing HOPE.

Visualize

What position are you in? Standing? Sitting? What expression is on your face? How will you use your body's energy to transform the word HOPE into a theatrical character? What objects, props, or costumes could you use? What do you imagine the lighting should be? What time of day will you perform this exercise? Night? Morning? Sunset?



Images feature Camila Lacques
representing HOPE in her own way.



Armory Arts At Home

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Fun for all ages!

#ArmoryArtsChallenge:

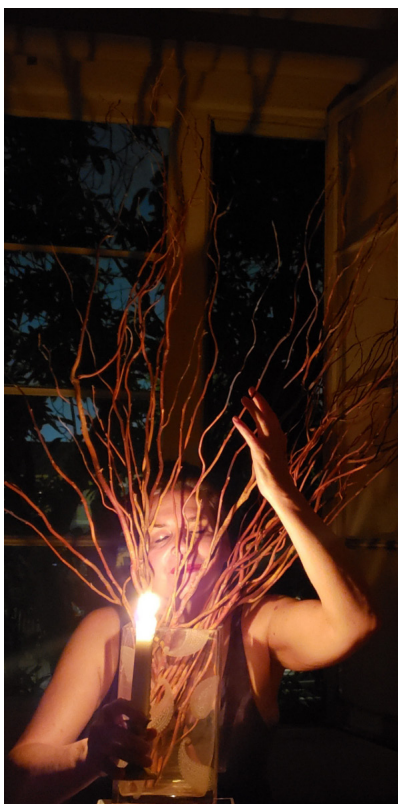
Beyond the Selfie: Summon the Actor Within

Transform

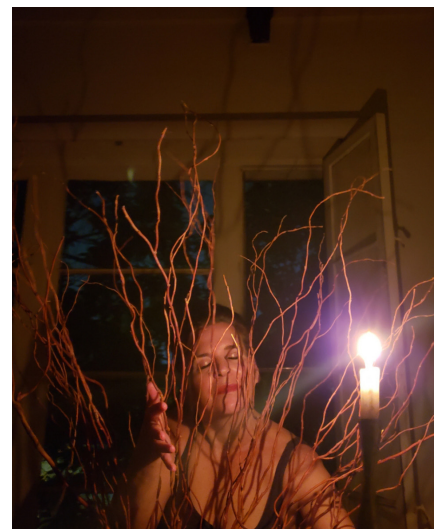
Sometimes it's helpful to put on music to help discover poses, expressions, and feelings behind the word HOPE. Experiment with all these elements until you're satisfied with the result.

Capture

Ready? Take several photos of yourself until you capture that one image that best expresses your character of HOPE. If it's helpful, use your camera's timer feature. You can also ask your family members or roommates to assist. Maybe you can encourage them to try this exercise along with you, too?



Images feature Grace Lacques representing HOPE in her own way.



Show Us What HOPE Means to You

Share your best character selfie using the tag **#ArmoryArtsChallenge** and **#SummoningTheActorWithin**, or email pics to news@armoryarts.org and we'll share our favorites.

Want to participate in more Summoning the Actor Within challenges with Grace? Follow [@amazinggracie99](https://www.instagram.com/amazinggracie99) on Instagram or [@grace.lacques](https://www.facebook.com/grace.lacques) on Facebook.

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