



**Recipe:** *Top-Notch Tableaux*

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**Time:** *1-20 mins*    **Serves:** *Still, silent, dynamic image with clear story & relationships*

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**Tools & Materials:** *Performers (2-6 recommended)*

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**Ingredients**

- *1 per performer of Physicality, exaggerated*
- *2-3 Levels (may include lying, kneeling, crouching, sitting, standing, reaching, etc.)*
- *A generous quantity of Cheating Out*
- *1 per performer of Facial Expressions, exaggerated*

*Optional Mix-ins:*

- *Props, costume pieces*

  
**Directions**

*Preparation: Before working with your ingredients, choose a story for your tableau. Decide on the action, and on who or what each person in your tableau will be representing from your story.*

- 1. Gather as an ensemble and begin by shaping your physicality. Exaggerate your physicality to make it clear what you are doing or who you are interacting with. Keep energy and tension in your body to give your image life!*
- 2. As you craft your physicality, begin to mix in your levels — include a variety of heights and positions to add visual interest to your final tableau. Levels will also help communicate character and relationships.*
- 3. Before your physicality and levels solidify, be sure you have a healthy amount of cheating out in your image. Make sure faces are angled towards the audience, with no backs turned and no one blocking each other's faces.*
- 4. Add in your exaggerated facial expression — whatever your character is feeling, show that emotion on your face in an over the top way to help tell your story. May add a cheesy flavour, increase quantity to taste.*
- 5. When all four key ingredients have been added, freeze and hold your tableau in place so the audience can appreciate your visual story telling. Voila! Top notch Tableau!*

**Notes:** *This recipe can be made quickly (in as few as 15 seconds) or at a more leisurely pace to allow for more group conversation, reflection, and refining of your final image. Remember, always be specific!*

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