

DRAMA & PERFORMANCE

01



YOUR BODY SPEAKS!

Movement, gesture, and voice are powerful tools for expressing ideas and emotions.

EVERY BODY CAN PERFORM!

There is no “ideal” body type. Everyone can participate in theatre and performance in their own way.



02

03



COMFORT MATTERS!

You have the right to set your own physical and emotional boundaries in performance.

LISTEN AND RESPOND!

Performance is often a shared process where you react to others, space, and audience energy.



04

05



WARM UP WITH CARE!

Warm-ups prepare your body, voice, and focus so you can perform safely and with awareness.