**LENS Project**  
**Museum of Me**

**Ages**  All Ages!

**LENS Skill**  Sense of Self

**Why?**  Expressing my personal qualities through creative movement and still poses helps me to understand myself better.

**Materials**
- Paper
- Writing utensils (pencils or pens)
- Slips of paper
- Container (hat, box, bowl, etc.)

**Vocabulary**  Tableau: a frozen stage picture or pose.

**Summary**

In this theatre activity, participants will explore their Sense of Self through tableau. Each person will utilize this theatrical technique of creating still poses to express their personal qualities and attributes. The goal will be for everyone to share their “Museum of Me” presenting each personal quality tableau as if it’s a statue in their museum.

**Directions**

1.) **Establish Understanding**
   Check for understanding of adjectives or “describing words” and then bring the focus to describing people. Discuss how personal qualities and attributes of people can be slightly different from adjectives. You could even work together to create a list of possible personal qualities and attributes to help establish understanding.
   - If your group needs some practice with adjectives, you could first create a list of adjectives together describing common objects found at home.

2.) **Brainstorm**
   Make sure everyone has a piece of paper and a writing utensil. Have each participant brainstorm and write down at least five of their own personal qualities. Next, have everyone write their personal qualities on the slips of paper (one personal quality per slip of paper). Place all of the slips of paper into a container (bowl, hat, or box).
   - You could also add personal qualities and attributes that you brainstormed in Step 1 to the container, remember to write only one personal quality per slip of paper.

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3.) Tableau Practice
Begin by practicing all together, each person creating their own tableau around the same word. Remember a tableau is a frozen stage picture or pose. When creating a tableau try to incorporate the full body; consider facial expressions, placement of arms, feet, etc. You could begin your tableau practice with a few situations, characters, and emotions (playing a sport, superhero, excited, etc.). Next, pull a slip of paper from the container from Step 2. Have everyone practice creating a tableau based on the attribute listed on the slip of paper. Continue practicing with a few more personal qualities pulled from the container.
- Consider playing with levels and shapes in your tableau. You could crouch, sit or lie down to create lower levels. You could go on tiptoes for a higher level. Just make sure you choose a pose you can hold without moving.
- Even though you are in a frozen pose, keep energy and focus throughout your body.

4.) Individual Creation
Once everyone feels comfortable creating tableau, grab your list of personal qualities. Each participant will develop one tableau for each of their personal qualities, so create five tableaux for the five personal qualities you brainstormed in Step 2. Take time to rehearse, trying out a couple of options for each personal quality before selecting your tableau. Develop these tableaux into your “Museum of Me”, imagining each of your personal quality tableaux as a “statue” in your personal museum.
- Be sure to plan an order for how you present your personal quality tableaux.
- Rehearse how you will transition between each tableau, keeping each transition smooth and intentional.
- Remember to explore levels, shapes, gestures, and expressions.

5.) Share your Museum
Give everyone a chance to share their “Museum of Me”, performing each of their personal quality tableaux. Have each participant choose where they want the audience to view their performance. Be sure to identify each of your personal qualities at some point during your performance (e.g. state them all at the beginning, announce them between each tableau, display your list clearly as you perform, etc.)

Tips to ensure a successful performance:
- Speak loudly and clearly as you introduce your museum and your personal qualities.
- Begin your performance in a “neutral” pose (standing tall, arms relaxed at your side) and freeze for a couple seconds. Then move into your first tableau.
- Make sure to hold each tableau for at least a few seconds (count to five in your head) before smoothly transitioning to the next one.
- After performing your final tableau return to the beginning “neutral” pose, hold for another two seconds, and if you’d like, take a bow!
- Audience members should be attentive and respectful toward each performer. Remember to celebrate each museum performance (e.g. clapping, finger snapping, giving a thumbs up, etc.).

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6.) Reflect
Discuss or write your thoughts about the following reflection questions.
- Which personal qualities did you find easy and/or difficult to put in tableau form? Why?
- How did it feel sharing your museum?
- What did you observe in the physical choices in other people’s museums that helped express their personal qualities?
- What did you learn about yourself during this activity?

Other ways to Play:
1. Consider doing this activity or sharing your tableau virtually with friends or family members.

2. Consider incorporating music into each “museum” performance. Can you find a song or instrumental music that helps express your **Sense of Self**?