



Bio: Sara Kumar has a B.S. in Electrical Engineering from Rice University and an M.A. in Faith and Culture from the University of St. Thomas. She has a passion for the performing arts and served as the managing director and later the artistic director of Shunya Theatre in Houston, TX. She has written, directed, acted in and composed music for many different shows over the years, but she especially loves Shakespeare and contemporary works that explore the intersections of culture, faith, science, and reason. Sara is currently writing a play about Andrew Johnson’s administration during the Reconstruction era immediately following the Civil War. She is excited to participate in the ArtSeed Summer Intensive for 2021.

ArtSeed Statement: Although residing in Texas, I have long been a supporter of ArtSeed. I attended ArtSeed events when visiting my aunt Josefa Vaughan in San Francisco, and I was always moved by the professionalism, creativity, and thoughtfulness of the participants. As a theatre artist, I depend extensively on collaboration between disciplines and branches of knowledge. I believe the multidisciplinary approach of ArtSeed provides a platform not only for the pursuit of the artistic vocation, but also as a training ground for future problem solvers to work in business, politics, education, law, science, and technology.

Lesson Plan 1

Title: Visual Art: A Catalyst for Monologue Performance

Class Meetings: At least two classes and a performance

Artist: Sara Kumar

Materials/Prep: An image, photograph, sculpture, or painting that catches your attention. A pencil. Clothing from your own closet. A computer with Internet capability.

Introduction/Goals: Have you ever wanted to audition for a play or even a movie? Actors always have a few monologues in their repertoire for auditions. In this exercise, we will select a monologue that ties to or connects with a particular image or art piece that you select. The instructor will help the students select a monologue that is already written and available on the Internet. We will then engage with the text, rehearse the monologue, and perform the piece online via zoom.

Activity: We will discuss some of the key aspects of monologue performance including voice, beat analysis, physicality, movement, and intentionality. First, we will rehearse with script in hand while analyzing the monologue in unit parts. Then, we will add physicality and blocking once the monologue is memorized. If desired, participants may select clothing from their own wardrobes to accent the performance.

Vocabulary: Objective, beat, character, voice, projection, intentionality, costumes, movement

Clothing: Once we have rehearsed the monologue pieces, we will perform them in front of our peers online via zoom.

Successes: A successful monologue performance will reveal something notable or important about the character and will also take both the performer and the audience member through a short arc or journey. Letting this happen is part of the fun!

Challenges: Performing in front of people isn't always easy but finding a monologue that you can relate to is the first step to an effective performance. Start with selecting an image that motivates and engages your curiosity. You are welcome to bring your own image. The instructor will also have images and monologues prepared to help give you a place to start.

CA State Standards (s): 2.1 Make acting choices, using script analysis, character research, reflection, and revision through the rehearsal process.

Relevant Artists & Distinguished People: [Lee Strasberg](#) (Acting), [Sanford Meisner](#) (Acting), [Kristin Linklater](#) (Theatre), [Anne Bogart](#) (Direction), [Peter Brook](#) (Theatre)

Video Link: <https://vimeo.com/556714014>

About the Artist:

[Shunya Theatre Sara Kumar's interview on Fox 26 News Houston - YouTube](#)

[100 Creatives 2013: Sara Kumar, Artistic Director for Shunya Theatre | Houston Press](#)

