

# 21 Days to Better Clowning

## A Self-Study Apprenticeship to Improve Your Clown or Comedic Character

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Here's a 3-week self-study program designed to make you a funnier, better clown and/or performer. Even if you're busy with a full-time job and family, you'll find this apprenticeship to be achievable, fun, and best of all, ideally suited to your interests and needs. Build a new skill, gain new (usable) knowledge, develop new habits, and "think" like a clown - this session will show you how!

### Goals of the program:

1. Develop your mind, eye, and ear for what's funny (to you).
1. Develop skills in learning through observation (steps: observe, reflect, apply, do).
3. Increase your knowledge in your chosen field of study.
4. Improve your proficiency in one or more areas comprising the "complete" clown - appearance, character projection, skill(s).
5. Develop new habits for the continuous improvement of your art and character.

### Materials and resources needed:

1. Goal(s) - dreamable (exciting and motivating), believable (realistic), achievable (measurable)
2. Notebook (to use as your daily journal)
3. Daily comics
4. Book - performer's biography, informational, instructional, or inspirational (for reading 15-20 minutes daily), related to your chosen field of study
5. Movies, TV shows (clips), and/or videos (for viewing once or twice per week)
6. Coach, mentor, or instructor (with whom you can barter)
7. Time (negotiate for it) and commitment (make it)

### Study periods each day (Monday through Friday):

#### 1. Morning/breakfast (10-15 minutes)

Assignment: Read the daily comics (all of them!). Clip, save, and comment on those you enjoy.

#### 2. Noon/lunch (15-20 minutes)

Assignment: Observe people/children in a public setting. Record your observations.

#### 3. Afternoon (10-15 minutes)

Assignment: Read your daily section of the book you've chosen. Record your thoughts.

#### 4. Evening (15-90 minutes)

Assignment: Hold an active workout, rehearsal, or practice session. Twice per week, view a movie or video that relates to your chosen field of study.

#### 5. Weekends (optional enrichment activities)

Possible activities: View a video, attend a live performance, watch a children's TV show, attend a workshop, try a new idea at one of your own clown appearances or performances.