



# NIMBLE FOOT

## SCHOOL OF THEATRE



## OUR THEATRE SCHOOL PROFILE

We are a team of multi-talented professionals dedicated to working with adults and children in the field of drama. We come with several years of work experience in theatrics exclusively. We strongly believe that a good thought conveyed with the right gesture, expression and movement makes a lot of difference.

**“Developing life skills in young people”**

Theatre classes introduce students to a world of wonder and play but it is more than that. We are moving to a more digital age, dominated by social media and the internet, driven by the desire for us to give and receive messages and ultimately connect with each other. Yet without dreams, imagination and discovery all of this is worthless and life becomes dull. Drama and the practice of acting allows us to question who we are, why we are here and challenge preconceived and existing structures and ideas. It makes us reflect on our own values and belief at the same time helping to shape them. We believe that drama, music and dance should be taught in an atmosphere where learning and development is a fun process. This prospectus deals with the specific elements of drama. Acting is a vocational activity that allows an individual to grow in confidence, build self-esteem as well as creating a performance. Acting classes are certainly not only for students who wish to become actors or performers. There are several class types that our acting school holds at the spotlight which are designed and ensuring that there is something for everybody.

“What is Drama but life with the dull bits taken out.”

- Alfred Hitchcock

### What We do

Our aim is to enable children of all ages from all over the country to explore the hidden talent within them. We use unique training methods to help children break the barriers of inhibitions. We focus on widening their comfort zone.





## Acting

This class focuses on lots of elements of acting including role play with other class members, improvisation and vocal projection. From traditional theatre forms to modern theatre, which allows you to feel the emotions and motivation of your character, lose all your inhibitions and feel free to explore any characters within you! All these Performing Arts skills are so important in building confidence and enabling growth and development of important life skills.



## Dancing

This class focuses on Jazz, Contemporary, musical theatre, commercial/ popular dance and street dance . It's a perfect way to learn how to dance, move and create your own style as you learn from the basics to an advanced level. This is a mixture of group and solo work and we focus on discipline, warm up and stretching exercises before beginning each session.



## What We Teach

A child's mind, body and spirit is their instrument and must be kept in tune. We provide classes in Acting, Physical Theatre, Voice, Speech/Dialects. The skills a child will learn as an actor are useful tools in any walk of life. The child will develop his/her physical and vocal potential and communication, analytical and team building skills.

## Singing



Our classes focuses on working as a part of the vocal group and also on solo performances. In our sessions, the children are taught various breathing exercises, vocal exercises with the right articulation and projection to build up your confidence to perform a solo or a group performance without any inhibitions.

## Musical Theatre

Musical Theatre is a combination of dialogue, acting, dancing and singing. There is an increasing need for individuals trained in this art form. Musical Theatre will focus on classical jazz technique, facial expression, and showmanship, with an introduction to vocal projection.



## Mask Makings

Mask Making (Commedia dell'arte - is a form of theatre characterized by wearing masks on stage).



A good training should last a lifetime, we will help feeding the imagination and understanding of human psychology.

**"Tell me and I forget. Teach me and I remember. Involve me and I learn."**

- Benjamin Franklin



## Highlights Of Our Theatre Class

- ☞ Stage discipline
- ☞ Improvisational techniques
- ☞ Focus on movements
- ☞ Mimes and snippets
- ☞ Characterization and motivation
- ☞ Voice projection
- ☞ Oral Interpretation and Storytelling
- ☞ Performance
- ☞ Scene designing
- ☞ Face Painting & Make Up (basic and special effects)
- ☞ Introduction to Shakespeare
- ☞ Scriptwriting (adaptation of a piece of literature into a script)
- ☞ Clowning
- ☞ Monologues
- ☞ Verbal Dynamics
- ☞ Poems
- ☞ Puppets & Puppetry
- ☞ Prop Making
- ☞ Theatre Games
- ☞ Story Building
- ☞ Body language



Actors will be working individually and in groups to experience the world of theatre and drama. They will be able to discover how to articulate by speaking and listening to one another and writing about their experiences. Many of the activities in this course require an intuitive, spontaneous response, which is then consolidated through reflective enquiry and questioning. All elements of theatre taught in this course will culminate in the production of children's theatre, which will be entirely student written, directed, designed and performed

# Benefits of Theatre class

There is a lot of established research about the positive influences from drama, theatre and the performing arts, especially on children. The benefits are physical, emotional, social, and they help to develop a healthy appreciation of culture and the arts.

## Fun

Drama brings elements of play, humour, and laughter to those taking part – improves motivation and reduces stress.

## Concentration

Playing, practicing, and performing will develop the ability and skills to be able to focus the mind, the body, and the voice.

## Memory

Rehearsing and performing lines and movements will improve memory. Your memory requires exercise, just like a muscle.

## Physical Fitness

Performing, even the most passive performances, requires intensive movement over a prolonged period. Many performing arts exercises improve flexibility, coordination, balance, and control.

## Empathy

Understanding characters, roles and the subtext of plays and musicals allows students to relate better to different situations, backgrounds, and cultures. It encourages them to show compassion and tolerance for others.

## Imagination

Being creative and learning to make creative choices helps students to be better at thinking of new ideas, allowing them to view the world around them in new ways.  
Einstein said, "Imagination is more important than knowledge."

## Emotional Outlet

Acting and drama games allow students to express a range of emotions and encourage them to understand and deal with similar feelings they may be experiencing. Aggression and tension are released in a safe, controlled environment – often allowing for a period of reflection afterwards.

## Self-Confidence

Aspects of performing arts, especially improvisation, helps children understand how to appraise situations, think outside the box and be more confident going into unfamiliar situations. Students learn to trust their ideas and abilities. Confidence gained from learning performing arts skills applies to school, career, and life.

## Co-operation

Theatre is a collaboration of different players and in many cases the quality of any performance reliance on an ensemble performance. Combining the creative ideas and the abilities of all participants is required for the best outcomes. This requires all those taking part to engage in discussions, feedback, rehearsing, and the performance.

## Communication Skills

It seems obvious to say that drama, theatre and the performing arts improves verbal and nonverbal communication, but it is worth stating that this benefits young people through their life. It improves vocal projection, articulation, tone of speech and expression. Importantly is also develops listening and observation skills.

**Appreciation for Arts and Culture!  
...because it will bring  
joy into your life**



# Our Trainers Profile

**Leon James**



Leon James is an artist. He specialises in theatre and drama. He is trained by Acting School of India and prestigious Indianostrum, Pondicheery. He has been working with children for several years and uses his unique methods of teaching drama. He has been a part of the judging panel of the Drama festival for children held in Coimbatore for two consecutive years.

He is also a musician who plays around 10 exotic instruments such as Kalimba, African Djimbe, Ukulele, Guitar, Keyboard and so on.

He has conducted workshops on clay making, sculpting and mask making all over India including the Andaman Islands.

He is also trained by the famous Sesame Street (India) on the art of puppet making and performing

**Charumathi Muralidharan**



Charumathi Muralidharan is an artist, practicing and training drama for children. Her passion is to work with children. She conducts workshops related to Art, craft, music & drama for children in tamilnadu. Being an amateur singer, she has performed in

many stages events. She is a great lover of art, experimenting with new mediums. She is also an adventure lover and a hardcore trekker. She has scaled Himalayan biriju lake twice.

**SETHU**



He is a Fine Arts graduate(sculptor) from govt. College of Arts and Crafts from Chennai. He is based in Coimbatore, coming from a background of multidimensional art like painting, sculpture, graphic designing, animation, art direction,

drama and photography. In 2004, he started the art and design studio in Coimbatore and has been successfully conducting art workshops for children in his studio as well as in schools on a regular basis.

**DHARANIDHARAN**



A theatre artist from Coimbatore. Coming from a background of Visual Communication he has also worked with a couple of TV channels. Practicing and meeting children to train them on theatre and drama is his passion. He has worked with

Indianostrum theatre in Pondicherry and Manalmagudi theatre as an actor. He is currently doing research about children in the field of drama and working with various schools for more than five years. He is also associated with "La scierie", a French based theatre company. He works with tribal and rural village schools in Tamilnadu.

**CONTACT US**



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