



Name of Session: Mail Yourself a Monologue

Facilitators / Creators: Paula Ortega and Xanthia Walker

Age Group for Participants: 9th-12th grade

Context:

A monologue is an opportunity for a character to speak up about something-- to give the other side of the story, the deeper layers of a story, and to reveal information that is important to a character. Monologues help us understand where a character is coming from and what they have learned, or are learning, in a moment in time.

Origin of the exercise:

This exercise comes from Rising Youth Theatre's creative process- we write letters to shape monologues in many of our plays

Objectives:

- To create an original monologue based on your own stories and experiences
- To support the United States Postal Service by mailing yourself your monologue to read at a future date
- To use your monologue as a time capsule to remember how you were feeling at this moment in time

Linked Media Content:

To learn more about monologues, watch this video created by Edward Vera:

<https://www.youtube.com/watch?v=OfIGqK0FGMo>

Materials:

- A piece of paper
- A pen or pencil
- An envelope with a stamp, addressed to yourself

Process:

1. Begin by finding a quiet (or as quiet as you can) space to work- maybe you'd like to sit at a table, on the floor, or outside. Whatever space is available to you is great.
2. Once you are in your comfy space, take out your pencil and paper. Respond to each of the questions on the inventory:
 - a. What is important to you right now?
 - b. What do you know about yourself right now?
 - c. What is something you learned in the last few weeks?
 - d. What is something you dream about right now?
 - e. How do you feel?
 - f. If you could tell someone something right now, what would you say to them and why?
3. Take a little break- get up and get a glass of water, do a lap around your room, listen to a song you like, or just spend a few moments taking some breaths. Then, come back to your writing.
4. Once you're back, read through your inventory and notice what is coming up for you as you read through it
5. Now, imagine that you are a character, and answer the following questions:
 - a. What do you want to say in your monologue?
 - b. Why is it important?
 - c. What do you want?
 - d. Who are you speaking to?
 - e. When did something change for you, and how is that change showing up in this writing?
6. Using all of the information and reflection you've gathered, now you are ready to write a monologue.
 - a. On a new piece of paper, begin to build your monologue as a letter. This can be a letter to yourself, to a loved one, a friend, or someone you don't know
 - b. Take as much time as you'd like to build your monologue, and make sure it has as much information as you want from your writing earlier.
 - c. When you are finished, read through it.
 - d. Make any edits you want, keeping in mind the answers to the questions in step 5.
7. Read your monologue out loud.
8. Put it into your envelope, addressed to yourself and seal it. Send it some good energy- this is your time capsule to mail and read at a future date and time.

9. When you want (today, tomorrow, six months from now) mail the letter to yourself. Open it on a day when you feel like reading it.

Variations:

- Have everyone in your family write a monologue and mail all of them.
- Do this exercise with friends, and arrange a date in the future to open your monologue letters and share them.