

# ■ Mime Practice Guide: The Box

## ■ Learning Goals

- Create and maintain a believable box using mime techniques
- Show size, weight, texture, and placement consistently
- Use toc/click when opening or touching the box
- Use eye contact and belief to make the box real
- React to what's inside the box to tell the story

## ■ Core Mime Techniques

- **Relaxation vs. Tension**  
Adjust muscles to show heavy, light, or fragile boxes.
- **Toc / Click**  
Show a clear moment of touching or opening the box.
- **Consistency**  
Box size, shape, and placement must remain steady.
- **Eye Contact & Belief**  
Keep your focus on the box and its contents.
- **Isolations**  
Arms or hands move while the box stays still.

## ■ Practice Drills

- **A. Basic Box**  
Create a box in front of you and open it slowly.
- **B. Box Types**  
Mime a pizza box, jewelry box, or large crate.
- **C. What's Inside?**  
Reveal a puppy, diamond ring, or other object—react with belief and expression.

## ■ Reflection Questions

- Did the box stay consistent in size and placement?
- Did my facial expression show what was inside?
- Did my audience believe the object existed?