



Stage Door Unlocked's  
Action  
Cards  
Set

1st Edition



STAGE DOOR UNLOCKED

# ABOUT THESE CARDS

Hey Teacher!

I am so glad you downloaded these cards! My hope with these cards that they will give you a tool to help your students discover more honesty in their work in your studio – whether that is in their vocal studies or in their acting work.

These cards are a set of 500 different verbs – or action words – that you can use with your students to help them explore their pieces. There are many different ways of using these cards. You may ask them to choose one card and have them explore a section of their piece (or even their whole piece) while doing that action. You may have them pull out 10 cards and ask them to choose which actions best fit the story of their piece and where those particular actions go – then have them explain their reasoning (great for checking not only actioning, but also their lyric / text and story analysis.) You could have them perform their piece and react in the moment while you call out different actions from the cards (great for working on being present and reactionary to their work.) The possibilities for use in the studio are really endless.

Why actions? Well, that's actually a simple answer. Actions give us something to DO. The actions we choose in a situation are based off of our life experience and thus allow us to do what we would do in a situation. These actions are things we know and understand. We don't instinctively choose actions we don't know. What we choose to do, is what makes us who we are.

Actions are important to actors because they are part of Stanislavsky's 3 things to focus on: "What Do I Want" (Objective), "How Am I Going to Get It" (Tactic or Action), and "What Stands in My Way" (Obstacle.) All of these things lead up to the ever important "Magic If" – "If I was in my character's situation – knowing what I know about their life experiences and my own – what would I do?"

You may be thinking: "This is fine Nate, but I have my emotion cards already. Why do I need these?" I would say it's really simple: We don't understand our emotions, not to mention know what we do when we feel a particular emotion, so how do we DO that in a piece? Emotions are reactions to a stimulus and as a result, not things we can truly do. We can't "happy." We can't "sad." We can ACT happy. We can ACT sad. In that situation though, what we are doing is ACTING. If the actor is acting, that means the character is acting. Unless there is a reason for the character to act like they are doing something, we should give our students – and as a result their characters - things they would really do so their work is more realistic and honest.

If we do it right, the actions we choose will CAUSE the emotions. There are two types of emotions: The ones we want to feel (Happiness, Joy, Love, Excitement, etc.) and those we don't want to feel (Hurt, Anger, Sadness, etc.) We will choose actions to KEEP the emotions we want and choose actions to AVOID or GET RID OF the emotions we don't want. The latter is why people go to therapy. We don't act emotions; we experience them and do things because of them. It is so important to help our students see that process. We don't show emotions – often times we try to hide them. We see the results of the emotions – which are also actions (ex: Cry, Shout, Smile, Flee, etc.) THAT's what we need to see in their performance.

If you have any questions about actioning or about these cards, please feel free to contact me via email at: [info@stagedoorunlocked.com](mailto:info@stagedoorunlocked.com)

I hope you find these cards useful in your studios!

Best Wishes!



Nate Plummer, *Actor's Coach & Founder of Stage Door Unlocked*

# SUGGESTIONS

- I printed my cards on card stock. It helps keep them sturdy for the long term.
- I strongly suggest printing your cards on a light color or even white. That way they are still easy to read. If your paper is too dark, they will be harder to read, and you may have to print them again.
- Cutting all of these out is a pain. You may want to use a paper cutter. If you don't have one, you may want to visit your local print shop and use theirs.
- You may want to consider laminating your cards. It helps keep them in nice shape and if you have a sick student who uses the cards, you can easily wipe them down with a sanitizer wipe.
- If you laminate your cards, cut them out first and then laminate them. That way the edges will seal. If you just laminate the paper and then cut them out, your cards may not stay in as nice of shape.
- When storing your cards, you may want to look into a small photo case or even a travel bar soap box (available at Michaels, Target, or Walmart) that keeps all of the cards in one place and protected from getting bent. You can also rubber band them together.
- I keep my cards at the ready and use them when students are feeling a little under the weather. It keeps them thinking about their work without having to fully use their voice.
- You can also make your own cards! If you come up with verbs you like or that your students like, you can add them to the deck! I included a blank page for you to write your own in.
- When using the actions, I really suggest using the whole phrase "TO (Verb)." To Run. To Hide. To Evade. This keeps the actions from being a direction and helps them think "I am going TO (VERB)."

TO ABOLISH

TO ABUSE

TO ACCEPT

TO ACCUSE

TO ADDRESS

TO ADMIRE

TO ADMIT

TO ADORE

TO ADVIRTISE

TO ADVISE

TO AFFIRM

TO AID

TO ALARM

TO ALERT

TO ALLOW

TO AMAZE

TO AMEND

TO ANALYZE

TO ANGER

TO ANIMATE

TO ANNOY

TO ANTAGONIZE

TO ANTICIPATE

TO APOLOGIZE

TO APPEASE

TO APPLAUD

TO APPROACH

TO AROUSE

TO ARRANGE

TO ASK

TO ASSESS

TO ASSIST

TO ASSURE

TO ASTONISH

TO ASTOUND

TO ATTACK

TO ATTAIN

TO ATTRACT

TO AVOID

TO AWAKEN

TO BABY

TO BADGER

TO BAFFLE

TO BAIT

TO BASK

TO BECKON

TO BEFRIEND

TO BEG

TO BEGUILE

TO BELITTLE



TO BERATE

TO BESEECH

TO BESTOW

TO BEWITCH

TO BITE

TO BLAME

TO BLESS

TO BLOCK

TO BLUFF

TO BOOST

TO BOSS

TO BRAG

TO BRAINWASH

TO BRIBE

TO BROOD

TO BRUSH OFF

TO BULLY

TO CAJOLE

TO CALCULATE

TO CALL

TO CAPTURE

TO CARESS

TO CARVE

TO CAST OFF

TO CATCH

TO CAUTION

TO CELEBRATE

TO CHALLENGE

TO CHARGE

TO CHARM

TO CHASTISE

TO CHEAT

TO CHECK

TO CHECK OUT

TO CHEER

TO CHERISH

TO CHIDE

TO CHILL

TO CLARIFY

TO CLOAK

TO COAX

TO CODDLE

TO COERCE

TO COLLUDE

TO COMFORT

TO COMMAND

TO COMMEND

TO COMPEL

TO COMPLIMENT

TO CON

TO CONCEAL

TO CONCERN

TO CONDEMN

TO CONDESCEND

TO CONFESS

TO CONFIDE

TO CONFIRM

TO CONFRONT

TO CONFUSE

TO CONGRATULATE

TO CONQUER

TO CONSIDER

TO CONTEST

TO CONTRADICT

TO CONTROL

TO CONVINC

TO CORRECT

TO CORROBORATE

TO CORRUPT

TO COUNSEL

TO COUNTER

TO COURT

TO COVER

TO CRAVE

TO CRITICIZE

TO CROSS - EXAMINE

TO CRUSH

TO CUDDLE

TO CURSE

TO CUT



TO DARE

TO DAZZLE

TO DECEIVE

TO DECORATE

TO DEDUCE

TO DEFEND

TO DEFLECT

TO DEFRAUD

TO DEFY

TO DELAY

TO DELIGHT

TO DEMAND

TO DENY

TO DEPRESS

TO DESCRIBE

TO DESTROY

TO DETECT

TO DETER

TO DEVASTATE

TO DICTATE

TO DIRECT

TO DISAPPOINT

TO DISCARD

TO DISCIPLINE

TO DISCOURAGE

TO DISCOVER

TO DISCREDIT

TO DISGRACE

TO DISGUST

TO DISHEARTEN

TO DISMISS

TO DISPLEASE

TO DISTANCE

TO DISTRACT

TO DISTRESS

TO DIVERT

TO DODGE

TO DOMINATE

TO DOUBT

TO DRAG

TO DRINK

TO EASE

TO EAT

TO EDUCATE

TO ELECTRIFY

TO EMBARRASS

TO EMBRACE

TO ENCOURAGE

TO ENERGIZE

TO ENGAGE

TO ENGROSS

TO ENLIGHTEN

TO ENSNARE

TO ENTANGLE

TO ENTERTAIN

TO ENTICE

TO ENTRAP

TO ERADICATE

TO ERUPT

TO ESCAPE

ACTION CARDS

TO EVADE

TO EVALUATE

TO EXAMINE

TO EXCITE

TO EXCUSE

TO EXECUTE

TO EXPLODE

TO EXPLOIT

TO EXPOSE

TO FACILITATE

ACTION CARDS

TO FASCINATE

TO FEED

TO FIGHT

TO FIND

TO FIRE

TO FLATTEN

TO FLATTER

TO FLEE

TO FLIRT

TO FLOSS



TO FOOL

TO FORBID

TO FORCE

TO FORGIVE

TO FRAME

TO FREE

TO FRIGHTEN

TO FRUSTRATE

TO FUME

TO GLOAT

TO GRAB

TO GREET

TO GRIEVE

TO GRIP

TO GUARD

TO HARM

TO HARRASS

TO HASSLE

TO HELP

TO HENPECK

TO HIDE

TO HIT

TO HOLD

TO HORRIFY

TO HOUND

TO HUG

TO HUMBLE

TO HUMILIATE

TO HUMOR

TO HURRY

TO HURT

TO HUSH

TO HYPNOTIZE

TO IDOLIZE

TO IGNORE

TO IMITATE

TO IMPRESS

TO INCITE

TO INDOCTRINATE

TO INDULGE

TO INSPECT

TO INSPIRE

TO INSTRUCT

TO INSULT

TO INTERROGATE

TO INTERVIEW

TO INTIMIDATE

TO INVADE

TO INVITE

TO IRRITATE

ACTION CARDS

TO JOIN

TO JUDGE

TO JUMP

TO KICK

TO KILL

TO KISS

TO KNIT

TO LEAD

TO LECTURE

TO LIBERATE

TO LICK

TO LIGHTEN

TO LURE

TO MANIPULATE

TO MASK

TO MEND

TO MIMIC

TO MISLEAD

TO MISUSE

TO MOBILIZE

TO MOCK

TO MONOPOLIZE

TO MOPE

TO MORTIFY

TO MOTHER

TO MOTIVATE

TO MOURN

TO MUFFLE

TO MYSTIFY

TO NAG



ACTION CARDS

TO NEGOTIATE

TO NOTIFY

TO OBLITERATE

TO OBSESS

TO OFFEND

TO OPPOSE

TO OPRESS

TO ORDER

TO ORGANIZE

TO ORIENT

TO OUTRAGE

TO OUTSMART

TO OUTWIT

TO OVERLOOK

TO OVERPOWER

TO OVERRIDE

TO OVERRULE

TO OVERWHELM

TO PAMPER

TO PANIC

TO PARADE

TO PARROT

TO PATRONIZE

TO PERFECT

TO PERFORM

TO PERPLEX

TO PERSECUTE

TO PERSUADE

TO PERUSE

TO PESTER

TO PETITION

TO PICK APART

TO PINCH

TO PLAN

TO PLEASE

TO PLEDGE

TO POKE

TO PONDER

TO POP

TO POUNCE

TO PRAISE

TO PRAY

TO PREEN

TO PREPARE

TO PRESS

TO PRESSURE

TO PRICK

TO PRIMP

TO PROD

TO PROMISE

TO PROMOTE

TO PROMPT

TO PROPOSE

TO PROSECUTE

TO PROTECT

TO PROVOKE

TO PUNCH

TO PUNISH

TO PURGE

TO PURSUADE

TO PURSUE

TO PUT DOWN

TO QUESTION

TO QUIETEN

TO QUIZ

TO RALLY

TO RATTLE

TO RAVAGE

TO RAVE

TO REASSURE

ACTION CARDS

TO REBUKE

TO RECREATE

TO RECRUIT

TO RECTIFY

TO REITERATE

TO REJECT

TO REJOICE

TO RELATE

TO RELEASE

TO REMEDY



TO REMIND

TO REPREND

TO REPRESS

TO REPRIMAND

TO REPULSE

TO RESCUE

TO RESIST

TO RESTORE

TO RESTRAIN

TO RETRACT

TO RETREAT

TO REVOLT

TO REWARD

TO RIDICULE

TO SADDEN

TO SATISFY

TO SAVOR

TO SCARE

TO SCHEME

TO SCOLD

TO SCRATCH

TO SCREAM

TO SCRUTINIZE

TO SEARCH

TO SEDUCE

TO SEE

TO SEETHE

TO SEIZE

TO SELL

TO SET UP

ACTION CARDS

TO SETTLE

TO SHAKE

TO SHAME

TO SHIELD

TO SHOCK

TO SHOW

TO SHOW OFF

TO SHROUD

TO SHUN

TO SICKEN

TO SILENCE

TO SIMPLIFY

TO SLANDER

TO SLAP

TO SMASH

TO SMIRK

TO SMOTHER

TO SNEAK

TO SNUB

TO SOFTEN

TO SOOTHE

TO SPELLBIND

TO SPIN

TO SPOIL

TO SPRINKLE

TO SPURN

TO SQUASH

TO SQUELCH

TO STAB

TO STALK

ACTION CARDS

TO STARTLE

TO STILL

TO STING

TO STIR

TO STOP

TO STRETCH

TO STRIKE

TO STRIP

TO STROKE

TO STRUT

TO STUDY

TO STUN

TO SUBDUE

TO SUBSTANTIATE

TO SUFFER

TO SUGGEST

TO SULK

TO SUMMON

TO SUPPORT

TO SUPPRESS



TO SURPRISE

TO SURRENDER

TO SURVEY

TO SUSPECT

TO SWINDLE

TO TAME

TO TANTALIZE

TO TARNISH

TO TASTE

TO TAUNT

TO TEACH

TO TEAR

TO TEASE

TO TEMPT

TO TERRIFY

TO TEST

TO THREATEN

TO THRILL

TO THWART

TO TICKLE

TO TOLERATE

TO TORMENT

TO TORTURE

TO TOUCH

TO TRAP

TO TRICK

TO TROUBLE

TO UNDERMINE

TO UNDERSTAND

TO UNSETTLE

TO UPSET

TO URGE

TO VALIDATE

TO VERIFY

TO VICTIMIZE

TO VILIFY

TO VINDICATE

TO WARD OFF

TO WARM

TO WARN

TO WEAKEN

TO WEAVE

TO WELCOME

TO WHINE

TO WIND UP

TO WITHDRAW

TO WOO

TO WORRY

TO WORSHIP

TO WRANGLE

ACTION CARDS


# About Stage Door Unlocked's Musical Theatre Coaching Course

Stage Door Unlocked's Musical Theatre Coaching Course is geared at teachers and coaches who want to have a better understanding of the art of coaching Musical Theatre. The course is taught by Nationally Known Audition Coach / Voice Teacher Nate Plummer and covers such topics as:

- Musical Theatre History
- Musical Theatre Styles
- Specific Musical Theatre Vocal Techniques (Legit, Belting, Pop / Rock, etc)
- Musical Theatre Terminology
- Repertoire Selection
- Lyric Analysis
- Character Analysis
- Performance Shaping Through Side Coaching
- Auditioning Techniques
- .... & More

This course focuses on helping teachers learn ways of coaching their students in a way that is real, natural, and honest so they can truly represent themselves accurately when they are in the audition room or onstage. It is the goal of this course, to help teachers who are passionate about helping their students grow not only as performers, but as people as well so that they can get even closer to unlocking their stage door.

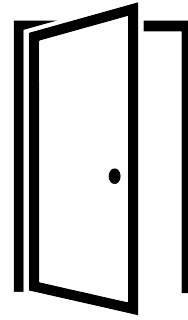
Participants receive: 13 video sessions on musical theatre coaching you can watch as many times as you'd like, a copy of Stage Door Unlocked's "Complete Musical Theatre Repertoire Guide," a workbook full of reproducible resources for your work with your students, a one on one consult / Q&A session with Nate, a coaching feedback session with Nate, permanent access to our online communities of Facebook and Slack, and discounted coaching or consultation sessions with Nate so you can continue your work after the course.

**TO GET \$25 OFF THE COURSE USE THE CODE: **MTWORKSHEETS****

<https://www.stagedoorunlocked.com/mt-coaching-course>

# About Stage Door Unlocked

Every performer has a dream. The dream of that big performance they've been working for their whole life. They dream of the day they get to walk up to the theatre and open that Stage Door. Behind that door, lies the very thing they've been dreaming of for years. Unfortunately for so many, that door seems out of reach. Getting the right training is often so hard either due to cost or location or even not knowing where to start.



STAGE DOOR UNLOCKED

What if learning about this industry was as simple as talking with a friend over coffee?

At Stage Door Unlocked, we believe it is.

At Stage Door Unlocked, every program is as laid back as just talking with a trusted friend. Whether it is in a Private Voice or Acting Lesson or in one of our group programs like *The Green Room* or *The Teacher's Lounge*, the mission stays the same: **Learning and Growing Free of Status or Judgement**. No one is better than anyone else. That includes every student and teacher. We are all here to grow and to share in each others' journeys. When you are part of Stage Door Unlocked, you are part of a team.

Stage Door Unlocked is unlike any other program out there. Built for actors & teachers BY actors & teachers, at Stage Door Unlocked we want to make sure that regardless of where you are or what part of your journey you are on, that you have access to everything you need to unlock your stage door. We specialize in online sessions – giving performers and teachers the opportunity to connect with coaches and industry professionals from all over the country.

We offer the following:

- Private Voice & Acting Coaching
- Customized Audition Coaching
- Actor Business Training (Consultations on Headshots, Resumes, Websites, Taxes, etc)
- The Teacher's Lounge: Musical Theatre Coaching Course for Teachers & Coaches
- The Green Room: An Actor's Networking and Training Group
- College Audition Preparation Classes
- ... and more!

For more information about our studio, please visit:  
<http://www.stagedoorunlocked.com>

Follow us on Social Media:

Facebook: @stagedoorunlocked

Instagram: @stagedoorunlocked

Twitter: @sdunlocked

YouTube: Stage Door Unlocked



# About Nate Plummer

Nate Plummer is originally from Chippewa Falls, WI. He started performing at the age of 7 with the various theatre groups in his local community. He attended the University of Wisconsin Eau Claire and graduated with a Comprehensive Theatre Arts Degree with emphases in Theatre for Youth / Education and Performance.

He studied voice and performance studies with Andrew Cooke – musical director of Chanhassen Dinner Theatres, Guthrie Theatre, Children’s Theatre Company, and numerous Broadway and regional theatre productions. He also studied with Brett Schrier – Composer, Musical Director / Conductor of numerous Broadway National Tours and regional theatre productions, and Director of Broadway Playground and Justin Stoney of New York Vocal Coaching in New York City.



Nate opened Nate Plummer Acting & Singing Lessons in 2015. In 2018 the studio rebranded and became Stage Door Unlocked. This online business offers lessons in topics such as Private Voice, Acting in Musical Theatre, Acting for Stage, Auditioning, as well as courses and resources for teachers and coaches looking to develop more tools to effectively help their students. Currently the studio has members representing over 35 states and appearing on regional, national tour and Broadway stages. He also serves as an active clinician for other voice studios and schools around the country and hosts a YouTube channel series entitled *#BackstageWithNate* which provides resources for performers on not only acting, singing, and audition technique, but the business side of acting as well.

In the fall of 2016, Nate received his Advanced Vocal Coaching / Teaching Certification from the Internationally known New York Vocal Coaching under the instruction of Justin Stoney in New York City.

Nate is also a frequent stage director, musical theatre clinician and adjudicator for various organizations around the country. He is available for masterclasses and one on one repertoire consultations – more information can be found on his websites listed below.

*Nate is a proud member of NATS (National Association of Teachers of Singing)*

For more information about Nate’s performing career, please visit:  
<http://www.nateplummer.com/>

For more information about Nate’s studio, please visit:  
<http://www.stagedoorunlocked.com>

Follow Nate on Social Media:

Facebook: @stagedoorunlocked  
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