

Self tape monologues 2026-2027

Instructions for all self-tapes:

- The monologue should be memorised.
- Please record yourself in front of a neutral background and from the waist up. We want to see your use of movement and gesture so please ensure you can be seen in the frame throughout the monologue.
- Consider if your monologue is being delivered directly to the audience or to another character. If the audience, you can look down the camera. If another character, pick a point to the left or right of the camera and deliver your monologue as if speaking directly to them.
- The monologue should be recorded in one long take. Please do not edit or cut together any footage.
- You *do not* need to introduce yourself or the piece at the beginning of the self-tape.

11+

“Little Sailfish,” by Indiana Kwong

The character is a swimming champion, but they’re not sure they actually enjoy swimming anymore, or if they just do it so as not to disappoint their dad.

*Tips for performance: we want to get a sense of how the character feels about swimming and how they feel about their dad. Think about what’s **not** being said.*

My dad was an Olympic freestyler. He beat the world record in 2011. He’s the fastest swimmer I’ve ever seen.

He takes me to swim training every Monday, Tuesday, Wednesday and Thursday and on Saturdays there’s a meet down at the outdoor pool. I like spending time with my Dad; he brings hot chocolate in a thermos for me and on the way home he gives me notes on how I can get better and faster. He thinks my coach Sam is “overpaid and inexperienced”. I think Sam’s nice. He smiles all the time and has a nice voice. He doesn’t yell or lose his temper like my Dad does sometimes. Which is why I need to make sure I’m good, so he doesn’t yell. Sometimes my tummy hurts on Thursdays because I try to beat my one-hundred-meter PB from the week before so that Dad’s in a good mood all evening. When he’s really proud of me, he calls me his little Sailfish—cuz they can swim up to seventy miles an hour.

I always smell of chlorine though, and my hair used to be strawberry blonde but it’s kind of green now and sometimes I have rings around my eyes for hours after I get out of the pool from the goggles being so tight.

But, don’t get me wrong: I love swimming... I think.

13+

'Buckets' by Adam Barnard

The character is striking up a conversation with a classmate, trying to explain how much the rapper Eminem means to them. They think about what it would be like to meet him.

Tips for performance: consider the use and absence of punctuation. How can that help get across the character's way of speaking and train of thought? Think about the shift at the end where it goes from talking about Eminem to 'life.' What do you think the character is going through and how can you get that across in your delivery?

Oh wait here listen this is so classic. This bit. Here. Wait wait wait and... *[the 'best bit' plays]*. Yeah?!

If I could meet him that would be

That would be the greatest moment, the greatest

But I'd be so scared too. What if something went wrong. What if I panicked and froze and didn't know what to say to him. What if I said something and he didn't like it, didn't like me. What if I wasn't feeling well that day, what if I had a headache or a cold or I'd been so excited I hadn't slept for two days and could barely see straight. What if he was in a bad place... What if I got there and to me it was this big big deal but to him I was just another blank face in a queue of nobodies and he wasn't really engaged. I'd tell him, I'd tell him what his music means to me how it helped me when I was feeling rubbish about myself but also how it gets the party started, gets conversations started (like this one), how he's so much more than just a dumb rapper he's made rap like literature like Shakespeare I actually started reading Shakespeare after listening to him. I'd want us to connect, him see a kindred spirit, give me his phone number or something but what if it didn't happen I'd be broken after flying all that way, it's just terrifying life you know that it's just completely terrifying.

'Antigone' by Euripides (translated by Don Taylor)

Creon has demanded that the dead war criminal, Polynices, should not be buried so that his soul may never be at rest. Disobeying her uncle's orders, Antigone buries her brother's body. After having discovered the body had been buried, a terrified soldier shared the news with Creon and was the subject of his anger. Here the soldier returns to Creon, with Antigone, proud that he has found the person responsible for the burial, hoping to undo the King's anger from before.

Tips for performance: How can you get across the soldier's fear of Creon alongside his pride for his 'catch'? Consider when the soldier is addressing Creon and when he is looking at Antigone. This is heightened text, but how can you make it feel truthful?

Lord Creon, I reckon it's always unwise
 To swear oaths and make promises,
 Even to yourself. Second thoughts,
 Nine times out of ten, will have their say
 And end up by calling you a liar.
 It's no time at all since I promised myself
 I wouldn't be seen dead here again:
 You were that angry with me the last time,
 A right mouthful you gave me, more than enough
 Thanks very much. But you can't beat
 A real turn-up for the book, can you,
 There's nothing more enjoyable than a good win
 When you're expecting a tousing. So here I am
 Again, as the comic said, and my promises
 Not worth the air they was spoken with!
 This girl's your criminal. We caught her doing it,
 Actually setting the grave to rights.
 I brought her here, and there was no panic
 This time, I can tell you, no recriminations
 Or drawing lots! This job was all mine.
 I caught her, and I claim the credit for it.
 And now, she's all yours. Take her, and accuse her,
 Stone her to death, if you like. By rights,
 I'm free to go: and well shot of all of it.