



Drama Exercises you can practice at home



Feeling the surroundings

Follow this direction in order to do this exercise:

1. Start walking on the floor and try to feel the floor. Try to feel the texture try to feel the temperature is it cold or is it hot is it slippery is it dirty.
2. Now allow the floor to feel you. Make sure you walk in such a way that allows the floor to feel the texture of your foot (I know floor cannot see but you have to believe that the floor is a living thing that can feel your foot)
3. Once you start to feel the floor and allow the floor to feel you, focus on your breathing. Do not force your breathing just feel how you breathe. Focus on how much time you take to inhale and exhale.
4. Now add the sounds from surroundings to your focus. Discover the sounds around you. It may be a sound of an air conditioner, fan or wind or someone talking. Just hear. Do not think about it.
5. Now with all the above steps, add the feel of the space around you to the focus. Try to feel the space that surrounds you with your whole body. Initially, you may start with your hands, then your face, chest, stomach, knees, etc. Until you feel, the space with your whole body.
6. Keep doing this exercise for 5 minutes.

Note: If you lose the focus on any of the steps, go back to that step and do it again. This exercise requires practice, practice, and practice.

How do I feel?

Follow this simple direction for this exercise:

1. Start by asking this question “how do I feel?” Answer the question either aloud.
2. Answer the question straight away without thinking. Keep in mind do not try to force your feeling. Express what you feel.

Example: How do I Feel? I feel calm. How do I feel? I feel the cool weather. I feel fresh. I feel blank now. Keep expressing what you feel. If you feel nothing or nothing comes to your mind. Just express that.

Vulnerability Exercise

For this exercise, follow this direction:

- First, choose an emotion that you want to express. Be it anger, sadness or gratefulness.
- Now choose the person from your life who is still alive. Choose the person who makes you feel that specific emotion. If you want to show happiness, choose someone who makes you happy every time you see him or her.
- Once you selected emotion and the person, imagine the person standing or sitting in front of you. First, imagine the details like clothes, hair, eyes, smell, etc.
- Once you have created that person, now say to him what you feel about him. Share with him, if you want to complain, complain. Do not hold back. Speak about everything.
- Keep speaking for about 4-5 minutes. Do not stop or hold back. Its monologue, just speak your heart out.

At first, you may not feel anything, but once you are through a couple of minutes, you will start to feel the emotion that you have chosen. You may want to stop the exercise because of those intense emotions but just keep going.

Do not be afraid to express your emotion as an actor.

Breathing exercises

So, how do you master the breathing process? Follow this direction:

1. Lie down on the floor on your back and keep one hand on your stomach.
2. The first thing you must do is to breath only through your nose and not through the mouth.
3. Inhale until you can feel your stomach rising. Try to inhale as much as possible.
4. Exhale slowly not forcefully with “hmmm” sound.
5. Repeat the steps again.

Simply by mastering this process, you will be able to improve the quality of your voice.