

(Drama) **Scream, Laugh, and Cry Exercise**

- Improv a scene of 3-5 actors.
- Assign characters and location, and a strong objective.
- Have the actors play an improv in which each of them must scream, laugh, and cry at least once (and for justifiable reasons).
- This requires students to use a variety of tactics and emotions, getting to their emotional threshold.

Variation in a circle:

- Scream: "I am so angry!" (3 times)
- Cry: "I feel sad" (3 times)
- Laugh: "That is so funny!" (3 times)
 - Now ask the students to do the exercise again but this time try to really feel angry, sad, and funny. Compare how the two versions felt. Why? What did you have to do to make it more real?