

Letting Out the (Creative) Wild in Acting Class

Why, hello there! Are you nervous and on edge? Well, here's my "let out the wild" how-to guide. Trust me, it will work!

1. Okay now...first, you've got to forget all the other people around you. Seriously, if everyone else is going wild and you're just standing there, that isn't letting out your wild! That's just looking out of place.
2. Move around! Standing in one place swinging your arms and doing the occasional unenthusiastic 'woo' isn't exactly letting out your wild either.
3. Facial expressions...you don't get the full effect of going wild if your body is, but your face looks like it's bored to death!
4. Place your body at different physical levels. Get down on the ground! Jump! I mean, really, you can't just stand up and flail your arms around and expect that to qualify as "wild!" Even that weird *High School Musical* jump is okay...just try not to knock anyone over.

Now you know what to do..... soooooo, do it, people!

- Caroline



This how-to guide will help you to express yourself without feeling self-conscious.

1. Warm-ups are great ways to get energized. Some exercises I use are—rubbing my collar bone and massaging my ears. This gets the blood and oxygen flowing and gets you moving like the Energizer Bunny! How fun is that!!
2. Putting yourself "in character" can be difficult. Try this. Study the



situation you are about to act out. Imagine how you would feel in the character's shoes. Concentrate.

3. Don't worry what other people think about what your performance was like. It's quite likely that they are only focusing on themselves, anyway!

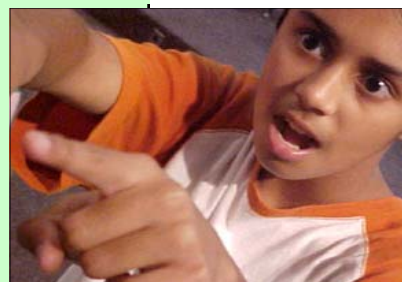
- Cortland



Being wild is as easy as 1-2-3. All you have to do is feel free and confident about yourself. You don't have to care about what you look like, or what other people think about you. Just do whatever you want to. Now read this awesome how-to.

1. Find a place with a lot of space. Move around freely.
2. Eat some energy food.
3. Go get some friends. You don't have to be alone to be wild.
4. Jump around a few times, like you don't care about anything else.
5. Dance, wiggle, glide.
6. Make funny faces and lots of unusual sounds.
7. Holler with ALL your might.
8. Run around in circles.
9. Eat more energy food.
10. Laugh.
11. Have a great day!!

- Jasmine



Letting out your creative wild is a good idea to try every now and then because it helps you to become a better communicator. You have to...

1. be comfortable and not shy.
2. be BOLD and imaginative.
3. be able to think differently from everyone else.
4. be serious about acting. You have to be serious when you are acting, but think of the experience of acting as enjoyable and fun.
5. have lots of enthusiasm and emotion when you express yourself physically and orally.

- Bernadette



You know that feeling when there is too much stress in your life? Well, it sounds like you need to let some of that out! You need to release the wild in you! Here are some ways.

1. *Jump around, and not only in one place.*
2. *Wave your arms, legs, feet, and hands around like crazy.*
3. *Don't stay quiet. Make loud, soft, abrupt, silly and unusual sounds. Yell, holler—whatever you like.*
4. *Dance a funky dance that has not yet been created.*
5. *Imagine you live in the jungle. Become a jungle person. Free yourself up! Run wild.*
6. *Run around like you're in a race and you HAVE to win.*
7. *Imagine you are the star of the biggest movie in Hollywood. Strut your stuff!*
8. *Roam around; be wacky.*
9. *Don't ever worry about yourself!*

- Kacie



To let out the wild you just need to relax. Here are some ways to get started.

1. *Do not feel embarrassed. Wild is fun!*
 2. *Be yourself.*
 3. *Get in a rhythm and let your creativity ooze.*
 4. *Move around with crazy actions and crazy sounds.*
 5. *Pretend you are an animal. Visualize the animal; see and live its life in your mind. Now, become the animal. Move in its world.*
 6. *Make your actions humorous. Laugh along.*
 7. *Be serious but reasonably free at the same time—remember, letting out the wild is fun!*
 8. *Make sure that you express yourself so vividly that you hear people say "wow, he/she is very energetic and creative!"*
 9. *Use all the space you have. Push and use more.*
 10. *Don't stop until you are ready to stop. Only then, stop. Push yourself.*
- Remember these tips, and repeat them before you begin acting—or ANYTIME you are tense and stressed!*

- Wade

I bet you are wondering why you need to let out the wild in acting class. The reason is, you want to be able to pronounce all your words correctly, and get loose to perform whatever the director asks of you. Here is some advice.

Step 1—Say some tongue twisters, especially tricky ones.

Step 2—Make sounds that you hear everyday—such as—a car honking its horn, or the wind brushing against the leaves.

Step 3—Start making facial expressions. Stretch out your face in every direction.

Step 4—Move around and get loose by stretching your arms, legs, etc. in every direction. Move your body in new and different ways.

Step 5—Try yelling at the top of your lungs. Orally punch out your sentences with emotion and emphasis.

Step 6—Run around in circles until you start to get dizzy. You can stop, but only then.

Step 7—Now, do your best in acting class.

- Hassan



The ability to think creatively is an important skill to develop. Letting out your wild expands it massively. When you learn how to let out the wild within you, you WILL notice a difference in your creativity! Here are some tips.

1. Wiggle every body part you can (tongue, ears, fingertips, hips).
2. Try out many different facial expressions (raise eyebrows, curl lips, tip head and smirk). Make sure they are believable.
3. Play around with character qualities. Put yourself in someone else's shoes and try to act like whoever it is. Always work to stay "in character."
4. Grab a partner and act out a realistic scenario. For example—you and your partner are best friends but you have a huge fight. Now what?
5. Express yourself in lots of ways. Make a series of funny faces, memorize some lines and perform them in new ways—anything that works as long as you enjoy yourself.

Remember—without creativity the world would be drab. So get out there and let your creative wild loose.

- Michelle



Letting out your wild side is important when practicing improvisation in acting class, and anytime! Here's what I recommend -

- ◆ Make sure you are loosened up by doing simple things like jumping jacks, stretches, head rolls, and even sticking out your tongue.
- ◆ Make yourself happy! Happiness is the key to good humor, and a good time. Try not to watch the clock or look at your feet, because these are obvious signs that you are not enjoying yourself.
- ◆ Pretend (with a buddy) that you are a superhero and your friend is in distress. Save this buddy from a make-believe monster by exaggerating your expressions and staying "in character."
 - ◆ Put a little bit of you in every character you portray so people can relate you to your character.
 - ◆ Get a few friends to be your audience. Do some improvised actions to get them to laugh.
 - ◆ The most important thing to have in acting class is interest and motivation. If you are not fully involved, you might have trouble playing your character roles.

- Erin

Do you ever feel as if the only way to give your emotions a rest is by screaming out your stress? Well, if you follow these steps, you will feel more relaxed, and become more creative at the same time.

1. Make the most unusual sounds you can think of. Be silly, loud, excited—and even make animal noises. Change your tone of voice often, and quickly.
2. Jump, skip, roll and bounce all over the room.
3. Make funny faces; stretch out all face parts.
4. Sing a song; use high and low voices...sing it like you would in the shower when no one can hear you. Listen to the echo of your voice. Sing back to it.
5. Do actions you rarely try out—twist, bend, curl, snap, crumble.

Feeling good? More relaxed? Funny how letting out your creative spirit—your wild side—can make all the difference!

- Sahar



Letting out your wild in acting class is a great cure for the dull blues. Here are some ways to do it.

1. Warm up your voice by singing opera.
2. Roll around on the floor.
3. Put your fingers in your ears and say "toy boat."
4. Pretend like you are on a cloud, just floating.
5. Pick an emotion. Make the weirdest face you can which expresses that emotion.
6. Jump up and down 5 times. Jump down and up 5 times.
7. Sit on the floor and count fast for 5 minutes.
8. Visualize yourself in New York...on a Broadway stage ...



performing for an audience!! Aren't YOU the awesome one!!!
9. Oh, one more thing. Pretend you have a short attention span. Repeat #1-9.

- Elizabeth

To learn how to let out the wild—especially in acting class, but in your life as well—is important, because you need to develop your own style of performing and presenting yourself. Here are my ideas.

1. Stretch out your muscles by picking one body part at a time and then thinking of all the ways you can move and express yourself doing this.
2. Draw pictures of the ideas you want to act out. This will help you visualize when you are performing.
3. Move your ideas into reality one visual picture at a time. Add sounds and words to help you express the emotion and action in your picture.
4. Get the blood in your body moving around to help you pump up your energy.
5. Share your idea with a partner. Partners can help you build on your expressive communication techniques.
6. Think of something that you wouldn't normally think about. Act on it.
7. Visualize your body in a place you've always wanted to be. React.

- Mike



So you want to know how to let out the wild in acting class? Well, here's my how-to!

1. You have to mentally prepare yourself to have the time of your life.
2. Start thinking about how great you want this time of life to be. When your teacher says to start...oh, my...just start thinking about

your character and SHOUT! Well, okay, maybe not quite that fast. :-)
You need to get into character, so think about how your character might act in different situations, and go make it happen.

3. Have fun! Remember that—have fun! And soon you'll be getting every part you've ever wanted because you've learned how to Let Out The Creative Wild!

- Valerie



Hey, are you a slug, lazy and shy? Well, I've got 4 words for you—LET OUT THE WILD!! Here's how.

1. Get into a wide open space.
2. Move all across the space, making lots of crazy sounds that people can hear everywhere.
3. Begin moving your body in all kinds of different ways, such as—flip, twist, jump, cha cha cha.
4. Follow your mind. Sizzle your creative thoughts.
5. Explode with everything you've got!

- Jenease



Letting out the wild is great fun, and you feel sooooo free!
Here's what I do.

1. Let loose. Throw your arms, legs, hips and head in every direction possible.
2. Get active. Creatively involve your whole body in each situation.
3. Blurt out whatever you need to say (keep it appropriate, though!).
4. Now say what you would say in the real deal.
5. Get emotional. Creatively express your thoughts, emotions, and reactions. Variety is the key.
6. Take over the whole situation. Enjoy! - Taylor



Here are some ways to be happy, be energetic, and most of all...be YOU!

- A. Think of something that makes you feel good. Visualize. Smile. React.
- B. Walk around the space and display many different emotions (excited, impatient, confused, arrogant).
- C. Try a tongue-twister. Go for accuracy. Then work on emotional expression. They try to over dramatize the words and include an exaggerated physical expression.. Notice the difference?
- D. Run around the space waving and shouting.
- E. Shout in gibberish (olga, jooboo, ugahuga)
- F. Sing a favorite song and change the words.
- G. Tell your friends about your experience. - Nirali

Bored? Tired? Or just plain hyper? Well, read on to discover ways to let all that unhealthy stuff out.

Step One—First make sure you are in a room where you have a LOT of space.

Step Two—Move your arm, just to get the blood flowing. Then jump as high as you can while moving both arms. Repeat. Repeat. Now for fun.

Step Three—Scream “Wheeeeeeee” at the top of your lungs. Keep doing that, with a variety of voices, until you are tired out. Oh, about the screaming thing—make sure you are allowed to do that, or else!!!!

These tips will help you push out the unhealthy, and experience the fun of being creative and wild.

- Penelope



To be wild you must -
FIRST
Yell then
Shout and scream
all about, Do the
Hokey Pokey and turn
all around that's what
it's all about.

SECOND
Jump
for joy
to let
the
emotion
out of your
system.

THIRD
you may
dance and play
twist and turn
scream and yell
bounce and fly
Don't forget the most
important thing to do is

HAVE FUN! - Ashley

Have you ever felt so bottled up that you just need to let it all out??!! Well, in acting class we learn how to let out our creative feelings in wild and fun ways. Here are some -

- * Jump, skip, frolic, dance, twirl, shout out loud.*
- * Pretend like you are actually in different places.*
- * Make many facial expressions. Your expressions should be dramatic enough so that the person watching you will know exactly what you are thinking.*

** Be creative; be yourself. It doesn't matter if people laugh at you.*

Let it out for YOU!

** Make sure you don't go toooooo crazy. Make sure you are at least presentably wild!*

Nobody can blame you, and everyone will want

to be just like you, when you let out your wild! Trust me! -Lori



Letting out your wild is simple. All you have to do is forget people are looking and pretend you are all alone, free to go nuts. Here are some tips.

1. Let down your hair.
2. Spin around.
3. Flail your arms.
4. Dance like no one is watching!
5. Kick your feet.
6. Yell out loud.
7. Put your hands in the air and wave 'em like you just don't care.
8. Be creative. Express your best ideas with passion.
9. Whatever you are doing, remember that everyone else, deep down, wishes they were you.
10. DO NOT feel self-conscious. - Sofia



Letting out the wild is showing the louder, more outgoing part of you. Here's my how-to.

- ◆ Don't be aware of anything or anyone around you. This experience is all about you.
- ◆ Let out any sounds that pop into your head. Do this instantly. These sounds could become part of your favorite song, or a line from a play you like.
- ◆ Show any emotion that you have been keeping bottled up. Scream as loud as you can; hurl your anger at someone who has hurt you. Acting class is a healthy, safe place, to let such emotions out.
- ◆ Don't be afraid of moving around in different ways. Kick your legs in ways that you never thought possible; wave your arms over your head like crazy.
- ◆ Be anything you want to be.

-Karima



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