

# CULTURE ACT!

SKILLS  
Relaxation

OBJECTIVE  
To enhance emotional response

## LESSON # 1

Students will learn relaxation techniques through physical and mental exercises, and follow-up with physical storytelling.

Five basic questions should be addressed.

- How do we relax the body at will?
- What are barriers to relaxation?
- What relaxation techniques are available?
- How does relaxation help in acting?

*Lesson source: Ebony Hatchett of Quantum Culture*

## MATERIALS

- Imagination
- Space

## EXPERIENCE

- Relaxation technique
- Enhance emotional response
- Creating a story with body and emotion