



Let's Improvise: Becoming Creative, Expressive and Spontaneous Through Drama

Milton E. Polsky

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Let's Improvise: Becoming Creative, Expressive and Spontaneous Through Drama Milton E. Polsky (Applause Books). Beginning with simple sensory-awareness exercises in a relaxed atmosphere, and moving through pantomime and role playing to longer skits, Let's Improvise emphasises self-discovery through doing. Through hundreds of exercises that encourage personal and social growth you will feel free to create to transform an ordinary idea into a celebration of life: to "try on" a variety of characters from life and literature: to take creative risks; to test and revise your thoughts, feelings, and values: to lose your inhibitions and build confidence and cooperation through teamwork and much more.

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