

# It's All About Family!



## Week #3: Wonder

If you've been in theatre before, you are probably familiar with "The Wonderful Bubble." The warm-up / focus exercise involves envisioning yourself in a room with an ever increasing colored light that brings you energy and focus, and throughout the warm-up, the group yells, "I am wonderful" or "We are wonderful." I would like to provide a different way of looking at this exercise.

Let's begin by looking at the word *wonderful*. Most know that word to mean being good at something or being the best. In that light, yelling, "I am wonderful" may seem a bit egocentric or self-serving. What happens when we break the word in half - *wonder-ful*. Its meaning completely changes. To be full of wonder means to be curious, to be inspired by the beauty of the world, to be in awe of all that is good. *Albert Einstein said, "The pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives."* This is what it means to be full of wonder, and in the world of theatre, we are constantly pursuing truth and celebrating beauty. If you've ever watched a child at play, you have probably noticed that children can turn anything into a game. Life is simple for children, life is joyful, life is beautiful. To see the world the way children do will bring simplicity and happiness and will remove the pressures that darken our days.

## Challenge: Wonder

Every student in the Drama Department will be given a bracelet with the words "We are Wonder-ful" on it. Use this as a reminder to view the world as a child does, celebrating the wonder and beauty that is all around us. The bracelets also say, "M-CHS Drama Family", which is a reminder that you are a part of something bigger than yourself and that you are loved and accepted. Inside the bracelets is the motto of the International Thespian Society, "Act well your part; there all the honor lies." I will go deeper into the meaning of this saying next week.

Your challenge is to get a bracelet from Mr. Sandner if you don't have one already, wear it, and think about what it means to be *full of wonder* whenever you look at it. There is great value in the messages of the bracelet; you have to assign that value and commit it to your memory.

If you already have a bracelet from last year, make sure to find it again and wear it, and think about other ways you can live with wonderment in your life – consider combining the concept of wonder with thankfulness. Talk with your accountability partner about your ideas.

