Warm Ups

Silent Warm Ups

Breathe-

* Close eyes
* deep breath in through nose
* out through mouth

Swan Dive-

* Close eyes
* deep breath in through nose, while breathing in reach up to the sky with your arms feeling a stretch in your stomach
* as you breathe out bend at your waist and reach for the floor, hang while you breathe

Relax-

* While in Swan Dive keeping eyes closed focus on relaxing each part of your body starting with your toes and moving upward to your head
* When all body parts have been relaxed slowly begin rising your body focusing on one vertebrae at a time, building your body

Face Massage-

* Massage your face with your fingertips and your palms
* Be sure you get your jaw, cheeks, forehead

Scrunchy Face/Big Face-

* Make your face as big as you can including mouth and eyes
* Make your face as scrunched up as you can including mouth and eyes

Vocal Warm Ups

Letters-

* Focus on the size and shape of your mouth as you make the sound
* Go through the alphabet and choose letters that are often “mush mouthed” and make that letter’s sound repeatedly

Tongue Twisters-

* Focus on the size and shape of your mouth as you make the sound
* Choose short tongue twisters and repeat them repeatedly
	+ Mamala Papala
	+ Zazu

Hum-

* Stand or sit with your back straight
* Take a deep breath in
* Exhale making the Hmmmmm sound

3 Lines-

* 2 players start a scene and it ends after 3 lines
* Establish as much of the story as possible
	+ Characters
	+ Plot
	+ Environment

Active Warm Ups

Assassin-

* Stand in a circle and each person silently chooses two people
	+ One assassin
	+ One bodyguard
* Say “Go” and everyone must try to protect themselves from their assassin using their bodyguard
* Try to guess who chose you as what

Running Clap-

* Stand in a circle and start a clap toward the person next to you
* Keep the clap going as fast as you can around the entire circle

Add to the tableau-

* One person uses their body to make themselves into something else and announces what they are
* Add other people one at a time who build on what the first person said

Cat, Baby, Knife-

* Stand in a circle and the first person makes eye contact with another person and then pantomimes “throwing” either a cat, baby or a knife.
* They need to say what they are throwing
* The person must “catch” the item thrown at them in a believable way

Elephant, Butterfly, Coconuts-

* Three people next to each other create any of the three “animals”
* Once they have created the animal they say the word
* Elephant: the two people on the sides are ears and the one in the middle is the trunk
* Butterfly: the two people on the sides are wings and the one in the middle is the antenna
* Cocnuts: the two people on the sides are coconuts and the one in the middle is the tree

Knot-

* The entire group throws their hands in the circle
* Everyone grabs two different hands
* The group unties themselves
	+ Next level: no talking as you untie