

Warm-up Exercises

Movement

Ask your pupils to stretch as high as possible on their toes, then to the right, to the left and then diagonally. Then, encourage them to tense their hands, arms, chest, stomach, bottom, legs, feet, neck and face, releasing the tension slowly and repeat. Ask them to circle their hands, arms, shoulders, neck, ankles, knees and thighs.

Build up a movement sequence to music using a beat of four. Ask your pupils to step to the right for four beats and then to the left for four beats. Repeat, adding a clap, stamp, turn, jump or skip. Encourage your pupils to prepare a sequence to add to the routine, extending and developing it with each warm-up.

Facial Expression

Ask your pupils to screw their face up tightly and then slowly open to create the lion yoga position (yawning, with tongue out). Encourage them to imagine that they are chewing, blowing a bubble, peering through a window, worried or looking in the mirror to comb their hair. Ask them to express:

- becoming very angry and then slowly changing to smiling;
- being very surprised and then becoming shy; and
- being arrogant and then about to cry.

Breathing

Ask your pupils to breathe in slowly through the nose for a count of four, hold the breath for four and breathe out slowly through the mouth for a count of 12. Then, encourage them to repeat the exercise, increasing exhalation to a count of 20. Explain the position of the diaphragm during inhalation and exhalation. Ask your pupils to pretend to blow up an imaginary balloon, slowly blow bubbles or a windmill and quickly blow a whistle or blow out a candle. Encourage them to put their hands on their abdomen during inhalation and exhalation to understand the movement of the abdominal press.

Voice

Ask your pupils to breathe in for a count of four and then sing 'Ah' on one note. Encourage them to repeat the exercise with different sounds such as 'Oo', 'Ee', 'Ay'. Ask them to begin with the 'Ah' sound, gradually changing it to a hum on one breath. Then ask them to speak the [Articulation Scale](#) as fast as possible and backwards. Encourage them to repeat it, this time arrogantly, shyly, in an American accent, in a whisper, as a cool dude or angrily. Speak the [vowel sounds](#) loudly and clearly.

Repeat the exercise, changing the consonant.

Articulation Scale

Consonants give clarity and distinctness to speech.

(Breathe in and speak each sound clearly – repeat, changing tone and pace.)



B

D

F

G

H

M

N

P

T

W

Vowel Sounds

Vowels give music and carrying power to speech.

(Breathe in and speak each sound from top to bottom.)



Zer



Mer



MerM

Zay

May

MayM

Zee

Mee

MeeM

Zih

Mih

MihM

Zah

Mah

MahM

Zoh

Moh

MohM

Zoo

Moo

MooM

Zaw

Maw

MawM

Zow

Mow

MowM