

## Warm-Ups

### ● Stance

- Feet shoulder-width apart
- Balance body weight across both feet
- Ankles soft
- Knees soft
- Hips loose
- Shoulders loose
- Neck soft - gentle movement
- Lengthen spine
- Elbows and wrists soft
- Fingers relaxed
- Imagine you're a marionette dangling from a string
- Gently sway side to side, slowly

### ● Breath

- Where are your lungs?
- Hold your ribcage - inhale, what happens?
- Imagine breathing in from the bottom of your lungs, filling them up like a water bottle
- Fill all the way to the top, right under your chin!
- Breathe in through your nose
- Exhale on a hiss/hush/fffff
  - Count: inhale for 4, exhale (*hiss/hush/f*) for 4

### ● Energy

- Drop your jaw, open your mouth
- Sing a hum, pick any note
  - Move the hum up and down, gently and slowly
- Say the 5 vowels: A, E, I, O, U - use gesture to emphasise the sound
  - Gently move the pitch up and down, swooping, glissando, high to low.  
(Always move high to low, nice and soft)
- Move the tongue around your mouth, slow, fast, medium, superfast, slo-mo
  - Stretch the tongue out; write your name with your tongue
- Bubble the lips: short, sharp beats, then hold for as long as you can
  - Add a pitch behind the bubble and move high-low
- Raspberry: blow tongue on bottom lip: short, sharp beats, then hold for as long as you can
  - Add a pitch behind the raspberry

### ● Mind

- Engage with stance and breath
- Try to count to 10 as a group