

Warm Up Exercises

Half-time Show

Develops trust and an ensemble spirit.

- Working together as a group, without speaking or using their hands to give directions, participants must move together to form a giant letter, like a marching band in a football halftime show.
- Bring participants to the middle of the room and begin the exercise by calling out the first letter.
- Participants can then spell out random letters.
- Remind the class to be aware of one another's placement and adapt to each other's position.
- Allow approximately one minute for the exercise to be carried out.
- It is interesting to note any observations made during the exercise, ie participants who are the instigators, those who are more cautious to 'get it right' and those who can't resist leading or giving commands in some way.

Energy Circle

Develops focus and concentration.

- Bring participants to stand with you in a circle and join hands.
- With your eyes closed, gently squeeze the hand of the person on your left.
- That person allows the energy of that 'pulse' to go through the arm, across the shoulders, and down the other arm and then gently passes the squeeze on to the next student, who then passes it on in turn.
- Slowly increase the speed of the pulse until it is racing around the circle. You may like to try and send the pulse in the opposite direction.
- Aim to send more than one pulse at a time and build up to sending them in both directions.
- See if participants can keep the energy and concentration in the correct direction.

Rabbit/Duck/Elephant

Enhances working together

- Ask participants to stand in a circle.
- Position yourself in the centre, and point to a participant and say the word 'rabbit', 'duck' or 'elephant'.
- It takes three students to 'create' an animal. The participant to whom you've pointed must display the buck teeth of the rabbit, the bill of the duck, or the trunk of the elephant.
- At the same time the actors on either side must provide bunny ears, webbed feet or elephant ears.
- The three participants must complete their animal before the teacher counts to three.
- Whoever does the wrong animal part, or doesn't do it in the allotted time, stands in the centre and chooses the next student and animal.

Family Portraits

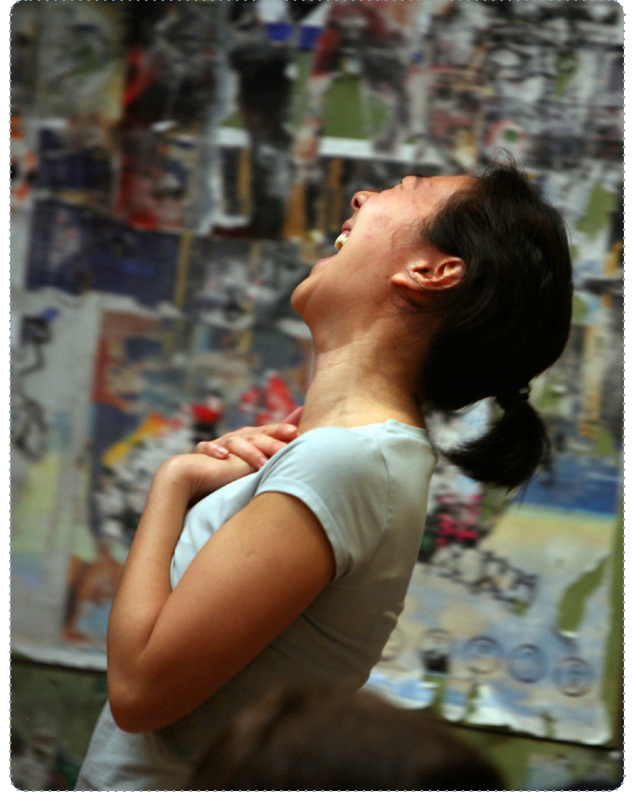
Encourages spontaneous quick thinking

- Divide the group into two.
- Explain that one group will stand centre stage and create a 'family portrait' based on a type of family announced by the other group.
- The group performing the family portrait have only three seconds to prepare, after which you will call out 'freeze'.
- Participants must freeze in their portrait positions.
- When you call 'change', the first group moves from centre stage and the other group enters and creates the next portrait.
- Encourage participants to be really imaginative in deciding the family types such as; a family of accountants, a family of Elvises, a family of weight lifters etc.

Under & Over Floor Clap

Develops concentration and focus

- Ask participants to form a circle, but instead of standing, they must rest on bended knee.
- Each participant places both their hands flat on the floor – the left hand positioned under the arm to their left and the right hand over the top of the arm to their right.
- Begin to send a clap around the circle in complete sequence with each hand sending the clap on its way around the circle.
- Anyone in the circle can change the direction of the clap by double tapping the floor.
- Try to increase the speed of the clap around the circle.
- If anyone claps out of sequence or in the wrong direction they are 'out' and must remove an arm out of the circle.
- Continue until only the winner remains.



Three Ball Sequence

Develops communication skills and focus

- Bring participants to a standing position in a circle.
- Begin to pass a soft juggling ball around the circle.
- Before the ball can be passed, direct eye contact needs to be made between the 'server' and the 'receiver'.
- To be an effective non-verbal communicator it is important that individuals deliver clear and direct eye contact, signals and body language.
- Once each participant has received and served the ball they must sit down, but stay in the circle.
- The exercise will end with all participants sitting.
- Bring the participants back up to standing and continue the exercise for a second time, this time with the participants throwing the ball in the same sequence. Individuals now know exactly where to look to 'receive' the ball and the direction they are to 'serve'.
- Repeat the exercise for a third time and try to build upon the pace. Once participants are confident, you may like to introduce a second and third ball one after another but still in the same sequence.

World Map

Find out the heritage of participants

- Ask everyone to stand at one side of the room.
- Ask each participant to think about the country where they were born, where they live now and if they could travel anywhere in the world where would they most like to go.
- Ask them to imagine an aerial view of a world map stretched out on the floor.
- On a starting command, each participant must stand on the imaginary map in a position that best demonstrates the country they were born in.
- Make observations of the demographic of participants' heritage and 'spot' various individuals to disclose any supporting information about their parents' or family's heritage.
- On command, encourage each participant to stand where they currently live. Individuals can be asked to reveal information about their home and surrounding environment.
- Finally, ask participants to imagine that they have just won the lottery and they could visit or live anywhere in the world; where would they go? As they move to another area on the map, asks for information to support why they have chosen their destination.