

Hints and Tips

Warm-up Games



1.1 Name Game A

To introduce new people to each other. Stand in a large circle.

Teacher introduces themselves, stating their name preceded by an adjective with the same starting letter e.g. Jolly Jane.

Go round the group in this way with each person introducing themselves and the proceeding people. It should sound something like this: “My name is Jolly Jane”. New person, “My name is Lucky Lucy and this is Jolly Jane”. New person, “My name is Helpful Harry and this is Lucky Lucy and Jolly Jane”.

If someone has difficulty in remembering, the group can assist by miming the adjective

1.2 Name Game B

To introduce new people to each other. Everyone needs to know at least one or two people in the group, if not, quickly go round the names.

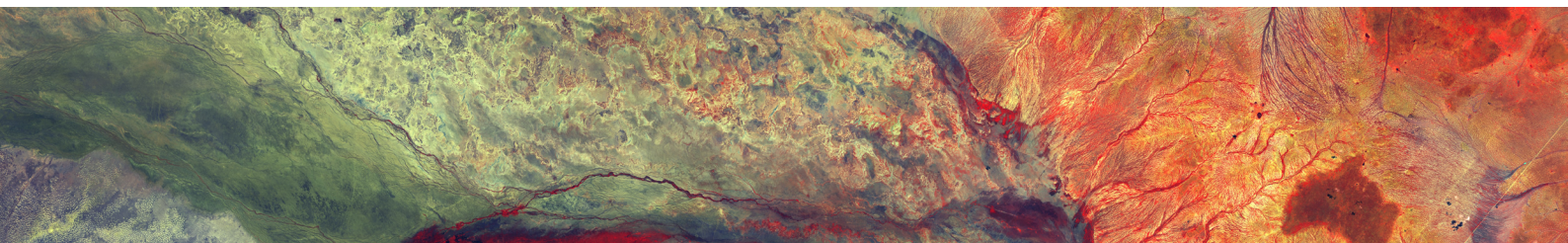
Stand in a large circle.

The Teacher makes eye contact with someone across the circle, says that person’s name and crosses to them.

Before the teacher reaches that person, that person must make eye contact with a third person and say their name.

Continue until everyone has crossed the circle 2-3 times.

Make sure eye contact is made first. Start slowly to allow for mistakes, then speed up.





1.4 Trolls Giants and Witches

A good fun game which warms up but doesn't exhaust.

Stand in a large circle. The Teacher tells them the name of the game they are about to play.

Then the Teacher asks them what a Troll looks like. Can anyone show me a picture of one?

The Teacher then chooses one of the depictions and asks everyone to copy it. "That is our picture of a Troll, remember it".

Repeat but this time create a picture for the Giant and a picture for the Witch.

Practice changing between the three different pictures.

Then split the group into two halves, group A and group B. Get them to stand opposite each other against the wall on opposite sides of the room. Standing in a line on the left, B in a line on the right. This is their home base.

This game is like Scissors, Paper, Stone. Only in this game, Trolls beat the Giants. Giants beat Witches and Witches beat Trolls.

Group A and Group B decide in secret what they will be, a Troll or a Giant or a Witch.

Then the two groups stand facing each other from opposite sides of the room without giving away which character they are.

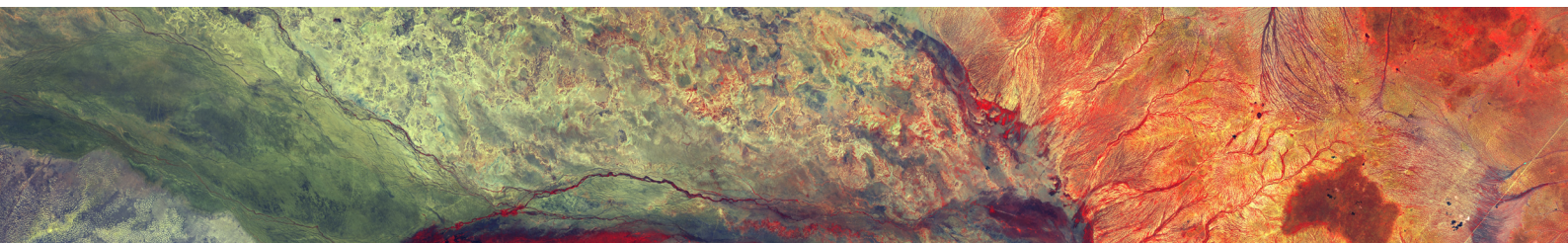
The teacher then gets each group at the same time to take one step towards the other group ('Step one') then another ("Step two") and another ("Step Three") The two groups should be in the middle of the room by now standing facing each other.

When instructed to do so both sides show their picture simultaneously.

Declare a winner. Trolls beat Giants, Giants beat Witches and Witches beat Trolls.

At this point in the game, the winning team can capture the other team by touching them before they can return to their home base.

The aim of the game is to capture as many of the opposing team as possible.



Hints and Tips

Physical Warm-ups



2.1 Swinging Arms

A gentle exercise for loosening up the torso.

First, swing from side to side letting the arms leave the side of the body. See how far round you can see. Do this several times relaxing into the movement and bending the legs slightly to help you go further but without pushing.

Repeat but with the head in opposition to the shoulders so that, for the most part, you are looking forward first over one shoulder then the other.

Repeat with the head going with the movement and notice how much further round you can see without pushing. Repeat both several times.

2.2 Puppet

An introductory exercise for isolating the body.

Everyone finds a space facing the teacher, with both arms straight up in the air.

On the count of one, they drop one hand from the wrist as if a puppet string on their hand has been cut.

On two drop the other hand.

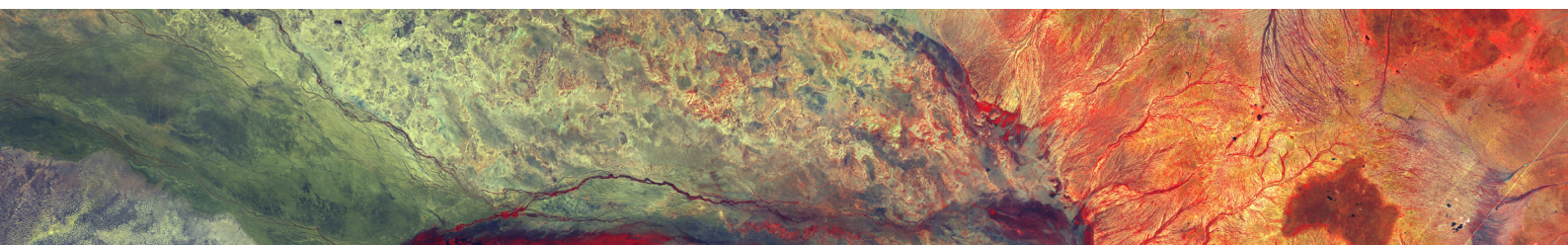
On three, drop the forearm to the elbow. Four, the other elbow. On five and six, drop elbows but leave the shoulder still pulled up and the hands touching the shoulders.

On seven and eight, drop the shoulders leaving the hands up.

On nine and ten, the whole arm drops down to the sides.

Repeat a few times making sure that each move is a drop rather than a push.

Speed up





2.3 Segmentation

This is a good follow-up exercise to 'Puppet' that gets the whole body involved.

Take this one slowly.

Stand up straight with feet one foot apart facing the front.

Drop the head to look eight to ten feet on the ground in front of you.

Drop the neck to look at your toes.

Drop your chest (a slight sigh) to look at your navel.

Keeping your legs stiff drop from your waist, head curled under.

Let the pelvis go by bending the legs so that you are looking through your legs at the wall behind you.

Slowly uncoil, straighten the legs then the waist, chest, neck and head until standing. Repeat a few times.

2.4 Head as Football

An exercise for loosening the head, neck and shoulders.

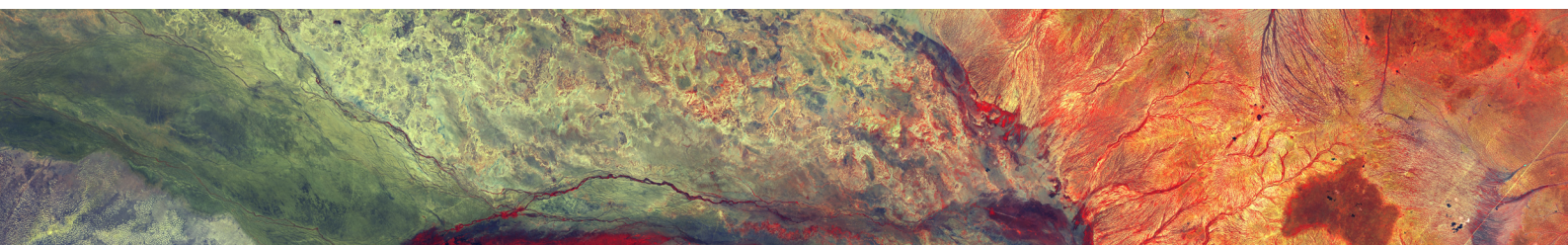
Let your head drop onto your shoulder. Push up with that shoulder so that your head flops over to the other side. Repeat several times, letting the shoulders do the work.

Repeat but try to catch your head on your neck in the middle.

To do this you will have to move your whole body. Let the head fall off and repeat. Let the head fall to the back and again using your shoulders, push it up and let it fall to the front. Using your chest push the head back.

Repeat trying to catch it.

Push the head in a circle just using the shoulders and chest and reverse it. Imagine you are performing for a crowd showing off your head control skills. Improvise.





2.5 Foot as Camera/Nose

An exercise to loosen up the legs.

Imagine that your right foot is a remote control camera.

Balancing on the other foot, use it to document what is going on around you.

Examine the bits of you that you don't normally see. Try not to fall over.

Now imagine that your left foot has a highly sensitive nose on it. Use it to sniff out any strange odours in the room or on your own body

2.6 Undulation

To coordinate, isolate and warm up everything

Stand with feet one foot apart in front of an imaginary canvas.

Imagine the front of your body is covered with paint and you are going to make a print of your body on the canvas. First, bend your knees so they touch the canvas then place your thighs and hips forward, then your stomach, chest, chin and then run your nose down the picture. Bend your knees and start again.

Extend this movement into a walk, taking a step after each knee bend or freeze the movement at any point and use that as a starting point for a character. Now give the character a face, a walk and a voice.

2.7 Walking, Trotting, Running

Get the group walking around the space, concentrating on the the impetus for the movement coming from the feet.

Get them to go into a trot, changing the impetus from feet to knees.

Then move into a run as the impetus comes from the hips. Play around with the speeds using the different points as gears

Add a location or weather condition to contend with, e.g. mud, glue, ice, into a gale, on a hot plate, underwater, on the moon, etc.

