

Speech and Drama Warm-Up Ideas

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Why use drama warm-ups?

- ☆ Warm-ups get students' energy pumping for rehearsal.
- ☆ Warm-ups build a sense of team and community.
- ☆ Warm-ups encourage performers to let go of any inhibition they may have regarding public performance.
- ☆ Warm-ups help build essential skills for performers.
- ☆ Warm-ups are just plain fun!

Warm-Up Activities:

- 1) **Stretching:** Stretching is an important part of warm-ups. The more limber your students are, the less likely they will receive an injury. Make sure to stretch back and neck muscles.
- 2) **Tongue twisters:** Tongue twisters are a great way to get students to listen to each other. They are also a way to help students understand the importance of diction. The following are some of my favorites:
 - ☆ *Red leather, yellow leather, red leather, yellow leather*
 - ☆ *One black beetle bled only black blood, and the other black beetle bled blue.*
 - ☆ *She stood on the balcony inexplicably mimicking him hiccupping, and amicably welcoming him home.*
- 3) **Zip, Zap, Zop:** The troupe stands in a circle. The actor who starts points across the circle to another player, makes eye contact, and says, "Zip." The receiving player points to another person, makes eye contact, and says, "Zap." The new receiving player points across the circle and says, "Zop." The game continues with the words passed in this order. Players should try to pass the proper word smoothly. This can also be played as an elimination game.
- 4) **One Word at a Time:** The coach or leader of this game gives the actors the title of a story. The actors must then create the story one word at a time. Each actor may only say one word until his or her next turn.

5) **Whoosh:** Everyone stands in a circle. Start with one person; this person waves both hands to his/her neighbor, saying “**Whoosh.**” The next person passes the Whoosh to his neighbor, and that way the Whoosh is passed around the circle. There are FOUR other sounds/movements that can be made:

- ☆ “**Whoa**”-(indicated by saying “whoa” and holding up both hands in a stop motion) A “Whoa” changes the direction of the Whoosh.
- ☆ “**Zap**”- Instead of passing the Whoosh to your neighbor, it gets zapped to the person you point to with your hands clapped together. The receiver continues with either a Whoosh to his neighbor or another Zap to another person. A “Whoa” after a “Zap” returns to the Zapper.
- ☆ “**Grooooooovelicious**”- The whole troupe breaks into their favorite dance moves, all saying “Grooooooovelicious.” Afterwards, the person who started the “Groovelicious” sets the Whoosh in motion again in any direction.
- ☆ “**Freakout**”- (indicated by waving both hands in the air) Everybody starts screaming and moves to the center of the circle. When everybody is freaked out, a new circle is formed, and the starter of the Freakout sets the Whoosh in motion again.

6) **Wizards, Giants, and Goblins**- This exercise is a game of rock, paper scissors with a fantasy twist. This game can be played with partners, as a tournament, or as a team game. A coach or student director counts 1, 2, 3. On “3” they take up the position of the character the group has decided on:

- **Wizards:** lean forward throwing their arms forward as if casting a spell and say “Shazzam”
- **Giants:** put both hands above their head, stretching up really tall and say “Ho, ho ho!”
- **Goblins:** crouch down, put their hands up to their face as if scratching their beards and make a high pitch laugh.

Giants beat Wizards, Wizards beat Goblins and Goblins beat Giants.