

Physical and Vocal Warm-ups for Acting Classes

Ages 8-16

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Physical Warm-up:

Yoga:

- ❖ Start standing up right and lower your chin to begin rolling down to the floor vertebrae by vertebrae till your hands touch the floor. (Bend your knees if needed)
- ❖ Once hands reach the floor, walk your hands out to downward dog. Rest here for ten to twenty seconds.
- ❖ In downward dog, begin bending one knee while straightening the other. Hold this for ten seconds and alternate between legs four times.
- ❖ Walk hands out to a plank and hold for ten seconds. Make sure to remind everyone not to hold their breath.
- ❖ Bend your elbows and drop down into cobra, arching your back and stretching out your abdominals and arms. Hold this pose for at least twenty seconds.
- ❖ Use your arms to push back into child's pose and hold for thirty seconds.

Light stretching:

- ❖ Gently move from child's pose to a seated position with both legs out in front of you.
- ❖ Reach your arms up and out toward your toes while keeping your legs straight and toes pointed down. Hold the stretch for twenty seconds. Flex your feet and hold for another twenty seconds. Encourage kids that it doesn't matter how close they can get to touching their toes. We are all different and are just stretching to our own abilities.
- ❖ Pull your legs into butterfly position. Lean forward as far as you can. Hold this position for ten to fifteen seconds. Always remember to breathe.
- ❖ Roll over onto your back and pull your legs up to your chest, rocking back and forth.

Energizing warm-up:

Do twenty **jumping jacks** to wake up our whole bodies.

“Shake Down:

Arm two three four five six seven eight

Arm two three four five six seven eight

Leg two three four five six seven eight

Leg two three four five six seven eight

Head two three four five six seven eight

Shoulders two three four five six seven eight

Hips two three four five six seven eight

Whole body two three four five six seven eight

Arm two three four

Arm two three four

Leg two three four

Leg two three four

Head two three four

Shoulders two three four

Hips two three four

Whole body two three four

Arm two

Arm two

Leg two

Leg two

Head two

Shoulders two

Hips two

Whole body two

Arm

Arm

Leg

Leg

Head

Shoulders

Hips

Whole body

Voice Warm-up:

Tongue twisters:

- ❖ “Red leather yellow leather”
- ❖ “Brittle brattle copper kettle”

❖ **“To Sit In Solemn Silence” by: W.S. Gilbert**

To sit in solemn silence on a dull, dark dock
in a pestilential prison with a life-long lock.
Awaiting the sensation of a short, sharp shock
from a cheap and chippy chopper on a big, black block.
A dull, dark dock.
A short, sharp shock.
From a cheap and chippy chopper on a big black block.

❖ **“What A To Do To Die Today” by: Edward German**

What a to-do to die today, at a minute or two to two;
a thing distinctly hard to say, but harder still to do.
We'll beat a tattoo, at twenty to two
a rat-tat-tat- tat-tat-tat- tat-tat-tattoo
and the dragon will come when he hears the drum
at a minute or two to two today, at a minute or two to two.

Do some sirens all together. This helps warm up the full vocal range.