

Warm up

Before a company of actors can start any rehearsal, they need to warm up to get their voices and bodies ready for the work ahead.

All you need is yourself and someone else from your household to have fun with!

ACTIVITY

1. Run on the spot as quick as you for 10 seconds! Repeat 3 times
2. Take a big stretch - try and fill up the whole room with your body.
3. Now do a big stretch and have a big yawn at the same time. Do this again but make it as loud as possible. Repeat again but try and make it last for as long as possible.
4. Give your body a 30 second 'shower' by patting down all your body with your hands. Start with little taps on the top of your head, working all the way down to your toes.
5. Warm up your face by giving the whole face a rub - don't forget your ears!
6. Stretch up and try and touch the ceiling. Stretch across your room to try and reach something on the other side.
7. Now have someone in your room be the game leader, they are going to call out the following commands: GO/ STOP/ JUMP/ CLAP

Everyone should walk around the room and follow the leader's directions.

When the leader decides to switch, all the commands reverse: so now:

- GO means STOP and STOP means GO
- JUMP means CLAP and CLAP means JUMP

Take it in turns to be the leader too.

8. Now start thinking about King Leontes' court. Play GO/STOP/JUMP/CLAP but this time pretending you are in a king's court.

Now the leader can add in the command: SHOW ME: a King, a Queen, a Courtier, a Servant.

Now you are ready to rehearse, perform and play! What scene or play will you create today?