

RESOURCES PAGE

ACTING WARM-UP

1 4 - Square Breathing

Breathe in as you draw an imaginary box in front of you. Hold that breath as you draw another box. Then, exhale as you draw one last box!

2 Face Massage

Rub along the temples of your forehead, chin, and cheekbones to relax your muscles. Then, make your face as wide and big as possible, and then as small and scrunched as possible. Finally, pretend as though you are chewing a piece of gum that gets bigger with each and every chew!



3 Body stretch

Roll your shoulders forwards up to your ears and down to your chest, and then repeat going backwards this time. Then, pat your body down from top of your head to the bottom of your feet!

4 Vocal exercise

Practice the following **tongue-twisters**:

- "Red lorry, yellow lorry"
- "She sells seashells on the seashore"
- "Unique New York, unique New York"
- "Unique New York, New York's unique, you need unique New York"



Then, do a **vocal glide**: your finger is doing a bungee jump, jumping from your shoulder, up to your mouth then down to the floor. Follow your finger with your voice, going up to the top of your range, then down to the bottom!

5 Rubber chicken dance

Shake out your body by shaking one hand 8 times, then the other, then one leg, and then the other. Once you've done this, repeat the order for 4 shakes each, then 2, then 1, and then shake your whole body as much as you can!

