

Warm Up Activities

Use the below warm-up exercises and ice-breakers. As a facilitator you may want to choose more than one warm-up depending on time.

Facilitator Note: Choose warm-up activity carefully. Evaluate your participants and time to achieve best results.

1. Many People, Many Parts

Objective: To demonstrate the workings of an appliance by connecting individual motions in a sequence.

Skills: Creativity, working together, repetition of actions

Encouragement: Thinking of your body as a part of an interconnected system or machine.

Group Size: Unlimited (ideal # 5-10)

Formation: As desired

Duration: 10 minutes

Description: After being divided into groups of approximately 3, people are told that they, as a group, have to act out a machine (a kitchen appliance such as an electric frying pan). The group must work together. Everyone has to be involved in the working parts of the appliance. The group should think about how the machine works, what kind of noises it makes and what it accomplishes or produces.

2. Runaround/Screaming Runaround

Objective: To relieve stress, loosen up and interact.

Skills: Running, reflexes

Group Size: Unlimited (ideal #10)

Formation: None

Duration: 3 minutes or (until tired)

Description: Everyone runs around the room full speed from one end to anywhere, without hitting anyone else. To make this into "screaming runaround" just add screaming while running around!

3. Freeze Frame

Objective: to challenge the creativity of individuals in a role-playing situation which changes rapidly.

Skills: Imagination, taking imitative, character development, interacting with other characters

Encouragement: Quick thinking and creativity, spontaneity, use of body/ voice and use of space

Group Size: Unlimited

Formation: Two people located in front of the rest of the group, as if on stage performing

Duration: 15 minutes

4. Pass the Wave

Objective: To mimic and then create a wave motion as it gets passed in a circle

Skills: Concentration, creative movement, creating a calming and peaceful atmosphere

Group Size: unlimited (ideal 8-10)

Formation: Everyone in a circle on their hands and knees with their hands on the floor in front of them. The outer edges of each person's hand should touch the person's hand next to them

Duration: 10 minutes

Description: Person A starts by lifting their hand from the floor and moving it in the motion of a wave up and down, forward and backward and/ or side to side. Person B whose hand is touching Person's A hand must follow the wave motion with their hand touching Person A's until Person A completes the wave and replaces his/her hand on the floor. Then it is person B's turn to create a wave motion that Person C must follow and so it continues around the circle.

5. The Name Game

Objective: to introduce the group by name and get comfortable with being active

Skills: Memory, creativity, motion

Encouragement: Memorization, concentration and character development

Group Size: Unlimited (ideal #10)

Formation: Circle

Duration: Depends on the group size (7 min)

Description: The exercise begins like this: person 'A' says their name while simultaneously doing an action with their bodies in the time with saying syllables of their name. The whole group then repeats the name and action of Person 'A'. Person 'B' (to the immediate left of 'A') shows the group their name and action. The group repeats Person A's name and action followed by person B's name and action. This continues going clockwise around the circle with each person showing the group their name and action and then the whole group repeating everyone's names and actions including the newest one added at the end.

Reference:

Ready for Action: A popular Theater/ Popular Educational manual

<http://www.catalystcentre.ca/rtwx2/Catalogue/0969054580.htm>