

# SHAKESPEARE WITH YOUNG ADULTS – Berne January 2010

## A WARMING UP EXERCISES

### ***1 Auto-Massage***

- with fingertips hammer forehead and skull backward and forward
- ***gently*** tap your temples making circles
- ‘shampoo’ your scalp
- tap-slap your cheeks and chin
- stroke and shake out your face
- ***vigorously*** slap your arms (L then R) – legs (front and back) – chest – belly

### ***2 Rotating***

- shoulders: up – centre – down then front – centre – back
- roll your shoulders forward – backward – clock/anti-clock-wise
- pelvis: forward / backward – sideways – rotate ‘hula hoop’

### ***3 Loosening & Stretching***

- stand – bend down from torso – let hands and head hang down
- lift upper body slowly and gently, head comes up last
- put legs wide apart – bend to both sides then front then back
- keep body stretch to feel the strain for a few seconds only
- shake out hands – arms – shoulders – feet – legs

### ***4 Relaxing***

- lie down knees up arms beside body
- lift shoulders – drop / lift hands – drop
- hands on tummy: out – HAAAA / out – HA – HA – HA – HA
- hands on tummy: out – MAAAAAAAH (‘fountain’)

### ***5 HEY – HE – HA***

- stand in circle, feet hip-wide firmly rooted
- ‘throw’ your R hand into circle saying / shouting HEY then L hand
- ‘throw’ your R hand to the side saying / shouting HE then L side
- ‘throw’ your R hand up at the ceiling saying HA then L hand

### ***6 Conversing in Gibberish***

- stand in circle (or group)
- 2 ST converse in gibberish while others listen, eyes closed
- comment on relationship between the 2 ST
- imagine their ‘biographies’