

BREATHING



FIVE-FINGER BREATHING

- 1 Sit or stand comfortably with your back straight.
- 2 Open the palm of one hand wide.
- 3 Now with the pointer finger of the opposite hand, slowly trace your fingers while breathing.
- 4 Trace up one side of your thumb, 1, 2, 3, trace down the other side of your thumb, 1, 2, 3.
- 5 Repeat for all five fingers.

Have you noticed when you inhale a big, slow breath that you actually feel calmer, more relaxed, and less anxious?

That's because deep breathing :

- Reduces stress and anxiety
- Promotes happiness
- Ignites peace and calmness
- Lowers blood pressure and heart rate
- Reduces tension
- Improves focus & concentration

MOUNTAIN BREATHING

- Inhale through your nose and raise your arms high above your head.
- Bring your palms together above the top of your head. Imagine you are as tall as a mountain.
- Ground your feet into the floor. Imagine your feet like roots; you are strong, sturdy, and tall.
- Exhale through your mouth and bring your palms together in front of your chest.
- Repeat this sequence 5 times.

TONGUE TWISTERS

A tongue twister is a phrase or sentence that is difficult to speak quickly, usually because of alliteration (same sound) or a sequence of similar sounding words. Tongue twisters make great exercise.

Tongue twisters are great for articulation.

1. Red leather,
yellow leather (x3)

2. Mixed biscuits (x3)

3. Real Rock Wall (x3)

4. Pinky pig put a pickle
on the pizza. (x3)

5. I wish to wash my Irish
wrist watch.

6. Any noise annoys an oyster,
but a noisy noise annoys an oyster most.

7. Reading and writing are richly rewarding.

8. A big brown bear bought butter and beans.

9. Four furious friends fought for the phone.

10. So, this is the Sushi Chef.



TIPS FOR TONGUE TWISTERS

1. Start slowly and carefully.
2. Make sure the beginning AND the end of the word is clear.
3. Repeat the phrase, gradually speed up while keeping clarity.

DRAMA GAMES

ONE WORD STORY

As a group or pairs, players will need to tell a story, each person saying just one word at a time.

Players will need to focus and work as a team.



BUS STOP

- Set up a row of chairs in front of the class (a bench).
- All players are given a slip of paper with a character description.
- Three at a time, students will make their way to the bench, sit and wait for the bus, then one at a time give up waiting and exit.
- The goal is to portray the characteristics of the given role, so that the class can guess the character.
- After the student actor makes their exit, a teacher led discussion is held to guess the role he or she was portraying.

EXAGGERATION CIRCLE

- Players stand in a circle.
- One player starts a small gesture.
- The next player takes it over and makes it even bigger.
- This continues all the way around until the last person takes it to the EXTREME.
- After a few rounds with only exaggerating a movement, the players can add a sound and begin to exaggerate the sound as well.

At the Toy Shop

I've saved up my money.
I've got three pounds to spend.
I'm looking for a present
For my best friend.

I'm going round the toyshop
To see what I can find.
I don't know what to buy her.
I can't make up my mind.

A puzzle game? Some felt-tips?
A plastic jumbo jet?
There's so much to chose from.
I don't know what to get.

I've saved up my money.
I've got three pounds to spend
To buy a birthday present
For my best friend.

-John Foster

