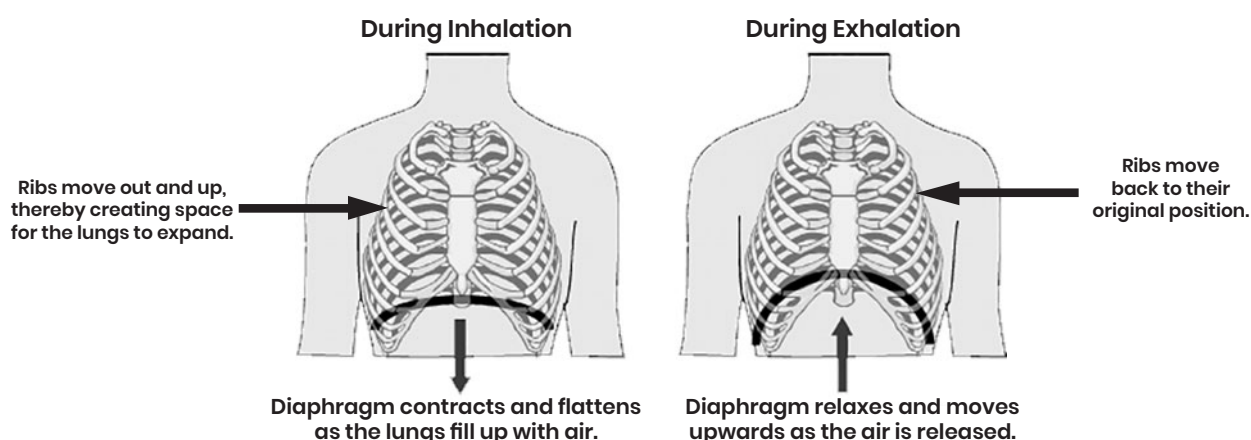


The Warm Up World

Having a strong, healthy voice, a relaxed mind and body will help you perform with ease.

So, Let's Warm Up!

- Stand with your feet slightly apart and relaxed shoulders. Breathe in and out with your eyes closed. Imagine your lungs and diaphragm filling up with air like a balloon. Feel your stomach expand and contract as you breathe in and out.



- Breathe in for a count of four and then exhale through your teeth with a “ssssss” sound for a count of four. Repeat the exercise extending the count. (use different sounds like “ah”, “oh”, “mmm”)
- Yawn five times and make an “AH” sound on each as you exhale.
- Roll your tongue on the roof of your mouth to make “trr” or “rr” sound.
- Use the “lion/mouse” technique. Stretch all your facial muscles and open your mouth wide, like a lion roaring. Then scrunch your face into a meek, small, expression, like a mouse. Switch back and forth.
- Tongue Twisters
Red leather, yellow leather ///
Reading and writing are richly rewarding ///
Do drop in at the Dewdrop Inn ///
Blue blood, black blood ///
Vera valued the valley violets ///
Russian wrist watches ///
I need a box of biscuits, a box of mixed biscuits ///
- Tin soldier / Rag doll
- Shake it off!

POETRY



Underneath the poet tree,
Come and rest awhile with me,
And watch the way the word-web weaves
Between the shady story leaves.
The branches of the poet tree
Reach from the mountains to the sea.
So come and dream, or come and climb —
Just don't get hit by falling rhymes.

(Poet's tree by Shel Silverstein)

MY BROTHER BERT

By Ted Hughes

Pets are the Hobby of my brother Bert.
He used to go to school with a Mouse in his shirt.

His Hobby it grew, as some hobbies will,
And grew and GREW and GREW until –

Oh don't breathe a word, pretend you haven't heard.
A simply appalling thing has occurred –

The very thought makes me iller and iller:
Bert's brought home a gigantic Gorilla!

If you think that's really not such a scare,
What if it quarrels with his Grizzly Bear?

You still think you could keep your head?
What if the Lion from under the bed

And the four Ostriches that deposit
their football eggs in his bedroom closet,

And the Aardvark out of his bottom drawer
all danced out and joined in the Roar?



Hyperbole

What if the Pangolins were to caper
Out of their nests behind the wallpaper?



With the fifty sorts of Bats
That hang on his hatstand like old hats,



And out of a shoebox the excitable Platypus
Along with the Ocelot or Jungle-cattypus?



The Wombat, the Dingo, the Gecko, the Grampus-
How they would shake the house with their Rumpus!

Not to forget the Bandicoot
Who would certainly peer from his battered old boot.



Why it could be a dreadful day,
And what oh what would the neighbours say!

Rhyming Couplet

*A stanza in a poem consisting of 2 lines
that rhyme.*

