

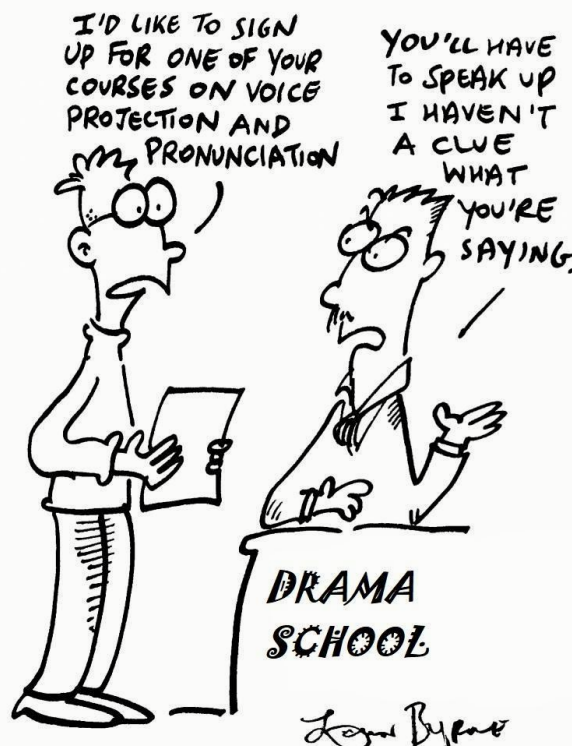
THE WARM - UP WORLD

1. Resonance - Hum Vibe

- Take a nice deep breath, and when you exhale hum softly.
- Vary the hum
- Feel the vibrations in your head, throat, chest, back and face.

2. Concentration - Fizz Buzz Boing

- All students form a circle.
- Pass on a word together with a hand clap.
- To the left : FIZZ, to the right: BUZZ. Start with this. The word has to match the direction.
- Students can change directions on their own initiative, but to start with, make a couple of FIZZ (left) rounds and a couple of BUZZ rounds.
- When you have got the hang of it, introduce BOING (no hand clap), this sound turns the game backwards.



3. Projection and Diction- The Funny Sentence

- The class decides on some hilarious ways of speaking. Example – Speak while hopping like a bunny.
- The first child stands in front of the class and speaks aloud a sentence to a child standing at the very back.
- The child at the back repeats the sentence using one of the preselected funny styles, while remaining understandable. This game illustrates the importance of diction and projection as they work to be understood even though they are using different tones, voices and volumes.

Top Tip:

The key is to project our voice with sufficient loudness, and without shouting!

4. Relaxation - Body Scan

(Teacher led activity. Use of music is recommended.)

- Find a space in the room to either lie down or sit in a comfortable position.
- Close your eyes and pay attention to your breath.
- Now slowly bring your attention down to your feet.
- If you notice any uncomfortable sensations, focus your attention on them.
- Scan your entire body, gradually moving up from your feet until you reach the top of your head.

Top Tip:

- Do not tense your neck or raise your shoulders.
- Do not force your breathing, as it should ideally be slow and relaxed.



"NO, I'M NOT STIFF OR SORE . . . MY MOTHER THINKS I STOOP TOO MUCH, SO SHE PUT **BRICKS** IN MY BACKPACK!"

Benjamin Zephaniah



Professor Benjamin Zephaniah was one of the pioneers of the performance poetry scene in Britain. He was part of the school known as the 'Dub Poets', these were poets that worked alongside reggae music.

His poetry is strongly influenced by the music and poetry of Jamaica and what he calls 'street politics'. His first real public performance was in church when he was 10 years old. By the time he was 15 he had developed a strong following in his home town of Handsworth where he had gained a reputation as a young poet who was capable of speaking on local and international issues. Zephaniah has spent most of his life performing around the world in schools, universities, concert halls, and in public spaces.

Zephaniah himself is dyslexic and writes and talks about how this learning condition can in fact be incredibly useful when it comes to creativity.

His poetry is noted for mixing serious issues with humour, and being accessible to a wide range of people. He is able to perform in children's nurseries or political rallies, and his strongest area of interest is looking at how poetry works in performance and its relationship to music.

His first book of poetry for children called Talking Turkeys had to go into an emergency reprint after just 6 weeks. No one could foresee how popular the book would be. It went to the top of the children's book list and stayed there for months. At first he was not keen on publishing a book for children believing that there was just poetry, not children's poetry or adult's poetry, but he was soon convinced that young people did appreciate the fact that he was not afraid to write about the real world where there are bullies, guns, racism and war. Being a passionate vegan he writes a lot about animals but these animals are not all smiley, happy creatures, some may just be waiting for slaughter or losing their habitat, and of course some may be having fun. Then seemingly from nowhere, in 1999 he wrote a groundbreaking novel for teenagers. 'Face', the first of four novels to date, proved that teenage boys would read if they have access to books that they can relate to. Zephaniah writes gritty, realistic novels about the lives of teenagers, these novels are directed to adults as much as they are to teenagers. He believes that for the most part

teenagers know what they are going through, but adults need reminding, they have short memories.

Although his music is rooted in reggae, his recordings now have many influences including, Jazz, Hip Hop, and Dubstep. He contributes to many radio programmes and has presented documentaries on radio and television concerning literature, culture, race and politics.

His recent releases include a music album called *Revolutionary Minds*, and his autobiography, *The Life and Rhymes of Benjamin Zephaniah*, was shortlisted for both the National Book Awards and the Costa Book Award.

PEOPLE WILL ALWAYS NEED PEOPLE

By Benjamin Zephaniah

People need people,
To walk to
To talk to
To cry and rely on,
People will always need people.
To love and to miss
To hug and to kiss,
It's useful to have other people.
To whom to moan
If you're all alone,
It's so hard to share
When no one is there.
There's not much to do
When there's no one but you.
People will always need people.

To please
To tease
To put you at ease,
People will always need people.
To make life appealing
And give life some meaning,
It's useful to have other people.
If you need a change
To whom will you turn.