

PHYSICAL FLOW

GET SILLY TOGETHER



DESCRIPTION:

This is a scalable, silly physical warm up that can easily be tailored for people with mobility issues.

- Begin by moving just one finger on each hand.
- Encourage people to avoid patterns - keep moving in different directions, at different speeds, without repeating patterns.
- Slowly add different parts of the body - other fingers, wrists, forearms, and let the movement spread right through the body.
- Continually remind people to keep their fingers moving - each limb should be added. Continually prompt people not to get in patterns.
- Another good prompt is to pick a body part (should, knee, sternum, etc) and draw a picture in the air with it (whilst continuing to move everything else).

VIDEO LINK:



PRESENTER:

Chris Blain

WHY:

Our singers come to us from all corners of the universe - from the seriousness of work, from the hefty weight of caring responsibilities, from the loneliness of isolation. A good warm up takes people from that space, and gently brings them out of their analytical head space, and into a playful, creative, emotive heart space.

This exercise is all about getting silly together - but not immediately. The prompts should be slow and progressive, as they slowly get into their bodies. By keeping a stream of instructions going, you can occupy any brain power normally concerned with self judgement or self awareness. Before they know it, they'll be warmed up physically, and laughing hysterically!

EXTENSIONS / IDEAS:

Be aware of your members' physical limitations. Obviously you won't be swinging too much hip if you're working with seniors or people who use mobility aids. If you have a lot of people in wheelchairs for example, you may wish to focus on the face - eyebrows, lips, chin, ears, etc.

Likewise if you don't have mobility of space limitations, you may wish to get people moving around the room as they move everything too!