

ENGAGE:

Warming up without music

We have a universal language of non-English sounds and tunes that people can make without needing to be taught.

These are great because they're connected to our emotions, and people can make them without tension, even though they use a lot of our vocal range, plus most vowels and consonants.

We first ask everyone to:

"Take a big breath into your diaphragm..."

Then give them a prompt to respond to:

- A big contented sigh (ah....)
- That's not fair (aw....)
- Bratty teasing (nieh nieh)
- So disappointing (oh....)
- Kissy kissy (oo....)
- That's so cute! (aw....)
- That's so gross (ew...)
- That's fascinating (ooo...)
- I've finally understood the joke (oh....)
- I'm telling on you (mummmmm...)
- Cringy dad joke (daaaaaad...)
- The smell of warm bread in the morning (mmm...)
- Someone drops a drink (taxi!)

And some character prompts:

- Santa (ho ho ho)
- Pirate (niargh)
- Cowboy (yeee haw)
- Evil witch (nieh he he)
- Lost hiker (koeeee)
- Evil laugh (bwa ha ha)

Always take a big breath between sounds. And always finish with:

- A big, tired yawn (ahhh...)