



## MY STORY OF ENERGY! Drama Warm ups

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The goal of the warm up is to have fun and let go. The most common warm up in drama practices is walking through the space. Choose the examples that you like the most and try them out!

You can also do a physical exercise, play a game, do a short energizer, a song, a rhythm, anything that comes to your mind. The most important thing is that it is fun, easy to explain and easy to do.

Be creative! Find your own warm ups!

### Emotions and Time Shifts

Move through the space ...

- ... in slow motion
- ... very fast (as if you are running late and you really have to hurry up)
- ... very relaxed
- ... indifferent
- ... happy
- ...

### Grounds

Move through the space ...

- ... as if you are walking on hot sand
- ... as if it was raining
- ... as if there were broken glass all over the place
- ... as if it were slippery
- ...

### Places

Move through the space ...

- ... as if you were in church / mosque
- ... as if you were at the bus park
- ... as if you were in school
- ...

### Elements

Move through the space ...

- ... as if you were fire
- ... as if you were wind
- ... as if you were water
- ... as if you were rocks
- ... as if you were metal
- ...

### Roles / Animals / ...

Move through the space ...

- ... as a superhero/superheroine
- ... as a princess / as a prince
- ... as a lioness / as a lion
- ... as a mother / as a father
- ... as a teacher
- ...

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