

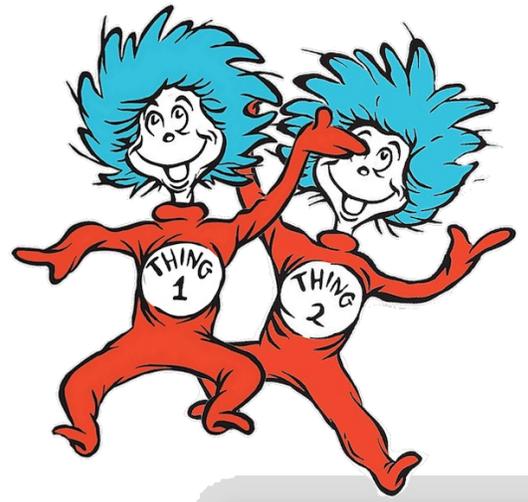
THE ACTORS TOOLS

We need to warm them up every day with games and exercises.

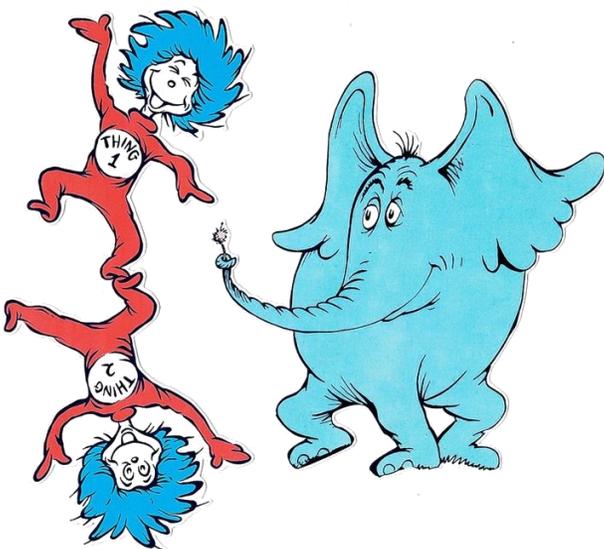


VOICE - speak and sing,
to *tell* the story

BODY - move and gesture to
show the story



IMAGINATION - think
and imagine to *create*
the story





Let's Play...

Time to warm-up!



BODY: Let's get that blood flowing. Jump up out of your chair and do a quick **CRAZY 8 SHAKEDOWN!**

* To begin, **stand** up tall and **reach** up with your right hand. **Shake** it quickly while you count to **8**. Repeat with your left hand as you count to **8**, right foot count to **8**, left foot count to **8**. **Repeat** the sequence this time count to **7**. **Continue** until you reach **1** and you are done!

VOICE: Time to activate our voice. Stay standing tall and strong, two feet firmly planted on the floor!

* To begin, take a big **BREATH** in and **BLOW** it out. Take a big **BREATH** in and **HISS** it out. Take a big **BREATH** in and **BLOW** it out, keeping your lips together as you make a **MOTOR** sound.

NOW, make your face as **BIG** as you can. Make your face as **SMALL** as you can, as **WIDE** as you can, as **SKINNY** as you can. **REPEAT** 3 times.

Are you ready? It's **TONGUE TWISTER** time! (From Dr. Seuss's *Oh Say Can You Say*)

FAST AS A FOX, THE CAT IN THE HAT CAME BACK WITH A BOX

** Start slow and increase your speed each time you say the tongue twister. Say it **LOUD, SOFT, HIGH PITCH, LOW PITCH, SLOW MOTION**. Can you say it with different emotions? **HAPPY, SAD, EXCITED, SLEEPY**.

IMAGINATION: Time to energize our imaginations! Grab some paper and a pencil, crayons, markers or paint! It is...

RHYME TIME!

Dr. Seuss loved to rhyme! One of our favorite Seuss books is **THERE'S A WOCKET IN MY POCKET!** because the entire book rhymes. In this book, Dr. Seuss invents new words using rhyme and his imagination.

How many words can you **RHYME** with your **NAME**? No wrong answers here as we can **CREATE** our own new words.

OPTION 1: Pick your favorite new word and **draw** a picture showing what it means.

OPTION 2: **Write** your own **story** using the new words you just created! **Illustrate** with your own artwork.

BONUS: **SHARE** your creation on FACEBOOK! Use hashtag: **#PlayLearnGrowTGS**