

Warm-up Guide

The Jungle Warm-Up

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Context

The Jungle warm-up was written by our singing and signing choirs. We decided that we would go on a jungle safari and tell the story of a day in the jungle through our bodies and our voices.

Use this warm-up as a guide- encourage your group to come up with their own ideas for each section- how does your group wake up? Ask the group what animals they can see and encourage them to make their own animals sounds and movements. Throughout the warm-up you should be using both your bodies and your voices.

In our accessible warm-up guides we use picture prompts alongside the words to the warm-up to help the group as they learn the song.

You can watch a full version of this war<mark>m-up being performed by one of our leaders <u>here</u>.</mark>



We wake-up in our tent. What do you do when you first wake up?

Big stretch and yawn Shake your face Rub your face Head massage Big all over shake



Let's put our special safari clothes on:

You need some big boots to go into the jungle. Balance on one leg and then stomp your foot down.

And a big heavy rucksack with your belongings in. Big heaving sound whilst you pretend to put it on.

Don't forget your helmet! Click the straps up.



We're ready - it's time to go into the jungle

There's so much grass and trees. We need to swipe all of the leaves out of the way. 'Swish, swash, swish, swash' with big arm movements.



'Bzzzzz' there's a bug on you! 'Bzz' whilst patting your arms.

Another bug! 'Shoo' whilst flicking your arms

Rub your arms to get rid of all the bugs



We forgot to put on insect repellent! Good job we have it in our rucksacks!

'tsshhh' whilst spraying each arm and each leg and rubbing the repellent in.

