



# 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 warm-up being performed by one of our leaders [here](#).



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.

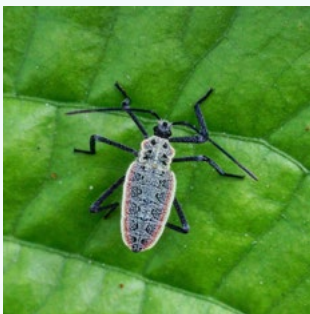
And a big heavy rucksack with your belongings in. Big heaving sound whilst you pretend to put it on.

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!

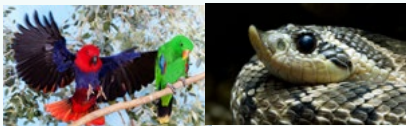
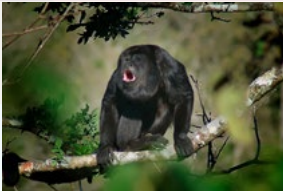
*'tsshhh' whilst spraying each arm and each leg and rubbing the repellent in.*



There's a really big tree, let's climb it up it.  
*Big stretches with arms and legs.*



We're at the top of the tree, phew! What can you see?  
*Mime looking through binoculars*



Can you see any animals?

Monkey  
Parrot  
Birds  
Snakes



Uh oh, not snakes! Time to climb down the tree.  
*Big stretches with arms and legs.*



What an adventure! Time to go back to our tent.  
*'Swish, swash, swish, swash' with big arm movements.*



Who is ready for a nice cup of tea?  
*'slurp'*