



## **MusiClon: Warmup collection**

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Warm-up exercises are an ideal introduction to workshop work with heterogeneous groups. They serve

- the mental arrival of all participants
- getting into the swing of doing things together
- getting to know all participants
- to raise awareness of the thematic focus of the workshop/lesson unit

No prior knowledge is expected for the warm-ups presented here. Each participant contributes according to their abilities.

### **EXERCISE 1: GREETING**

**Aim:** Getting to know each other in the group; movement to music; developing gestures of greeting; exploring the classroom

**Procedure:** The group spreads out in the room. As soon as music starts playing, everyone walks around the room in a criss-cross pattern. When two participants meet, they greet each other with a gesture (nodding their heads, bowing, smiling, touching each other on the arm, etc.).

In a second round, everyone can also introduce themselves by name when they meet.

This game allows the group to get to know each other in an informal way.

### **EXERCISE 2: THE PERFECT BEAT**

**Aim:** to build up concentration; focus on the decisive moment; experience of the group as a unit; train teamwork and attention

**Procedure:** The group stands in a large circle. The left hand points openly upwards, the right hand lies palm down on the left hand (as in applause).

The teacher asks the group to clap a single beat together with him/her and to make sure that everyone performs this beat at exactly the same time. The



teacher remains in the starting position for a while until he reaches out with his right hand and hit the open left hand once.

Over the course of several rounds, "the perfect shot" gradually becomes more and more accurate.

This game is very well suited for restless groups and teaching situations of transition from free work to a joint task.

### EXERCISE 3: GROOVE

**Aim:** Experience that rhythm goes through the body; rhythm feeling = group feeling; introduction of parameters such as loud - quiet, fast - slow, high - low

**Procedure:** The teacher sets a two-bar rhythm that is repeated by the whole group. Each rhythm is repeated until the group can repeat it together.

➤ *see appendix sheet music*

**Variations:**

Depending on the composition of the group, the following variations are possible:

- o clapping rhythms
- o clapping with different timbres (with cupped hands, with outstretched hands, with two fingers on the open hand, etc.)
- o Split rhythms with clapping, patting, snapping etc.
- o Demonstrate with drums - imitate with body percussion:
  - e.g.: deep „boom“ on drum = hit chest with fist
  - bright „clack“ on the edge of the drum = clap
- o Demonstrate with drum - imitate with voice

### EXERCISE 4: GROOVING NOISE!

**Aim:** the voice as a rhythm instrument; from monophony to polyphony;  
Arranging a sound piece

**Procedure:** The participants are divided into several groups. Each group is given the task of representing a short rhythm with certain sounds/letters and repeating it continuously. The groups are practiced individually.

➤ *see appendix sheet music*

Now the teacher becomes the conductor. One group begins, the other joins in and so on. The conductor can pause individual groups, give dynamic signs, etc.