

Shake Down!

This is a physical and vocal warm up that acts as a pulse raiser, creating a lot of energy amongst the group.

It is suitable for all ages and abilities and requires a large space.

This exercise should last no longer than five minutes.

Instructions:

- 1) Gather the group into a circle.
- 2) Shake the left hand ten times, counting down from ten as you do it.
- 3) Shake the right hand ten times, counting down from ten.
- 4) Shake the left leg ten times, counting down from ten.
- 5) Shake the right leg ten times, counting down from ten.
- 6) Repeat the Shake Down, but count down from nine now.
- 7) Repeat this until you are down to one shake of each part.
- 8) Call out 'Shake Down!' and shake the whole body.