



BAMBOOTAMBOO

play it and smile



Warm Up Games

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Introduction

It is a good idea to start each practical session with a warm up game.

Any game will do, it need not necessarily be musical or rhythmical, though for the first couple of sessions this helps.

Listed here are a few games that you can try with your class:

Game 1

This is a simple game that you may already have played.

All you do is clap; once you have clapped it is turn of the person to your right to clap, and so on around the circle.

Initially timing is the object of the exercise, getting each member of the group to watch and listen and take their turn in turn.

Once the group has successfully completed a couple of circuits we can speed the exercise up; we want the group to complete the game as quickly as possible.

When the group can play the game fluently continue the game for 2 or 3 circuits before turning to your left and directing the game back in the opposite direction. Use clear body language and tell the group what you are doing.

Now every time it is your turn to clap reverse the direction by using clear body language and eye contact only.

When the group is attuned to your body language stop the game.

Game 2

This is similar to game 1 except that everybody in the group has the ability to change the direction of the game by using clear body language and eye contact.

Explain that game 1 was about being able to pay attention to what is happening within the team, but game 2 is about being able to pay attention and communicate non-verbally with the group.

This is important when playing music, as you will not be able to hear any verbal communication.

Start the game, clearly indicating which direction you are starting with, then let the game run for a while until the group is starting to lose attention.

When this happens on your next go clap to someone across the circle from yourself. Use very clear body language and establish good eye contact. This will get the groups' attention back and teach them to pay attention at all times (some groups may start doing this themselves with no prompting from you, if they do let them get on with it. This is normally a good sign). Let the game run for a couple more minutes before stopping.

Game 3

This is another variation of game 1. It helps produce team work within the group. For this game you will need plenty of space. Start with the group stood in a circle, then choose one person to be the runner, they stand behind you on the outside of the circle. Everyone else is the clappers.

Now the game proceeds as per game one except that when you clap the runner has to run around the outside of the circle quicker than the time it takes the clappers to complete one full circuit.

If someone claps out of turn the runner automatically wins.

This game should always be won by the clappers, but rarely is for the first few attempts.

Game 4

Again a variation on Game 1. This time, on their turn a person may choose to clap or stamp. A clap moves clockwise and a stamp moves anticlockwise. You can also play this game with the Bamboo Tamboo instruments, where a bounce moves clockwise and hitting it with the beater moves anticlockwise.

Game 5

Don't clap this one back. This is a simple and effective call and response game. Start with the whole group standing, then play call and response, the group must copy every rhythm you clap with one exception, the rhythm called don't clap this one back (tea tea coffee tea). If anyone copies that rhythm they are out and must sit down, and if anyone fails to copy any other rhythm they are also out.

Start with a practice round, and then play a couple more rounds. The ones left at this point are the good listeners so we need to get a bit sneaky, try clapping quietly then when you get the don't clap this one back clap it very loud, also try changing speed from slow to fast, the change either in volume or speed effectively tricks most people into clapping the rhythm.

If you have any left at this point we are going to have to get really devious. Congratulate them for being so good and say, 'Because you are all so good at this game we will have one last round, if you are still standing at the end of this you have won. So come on all together copy this rhythm.' The immediately clap 'Don't clap this one back.'

Most people, even the good listeners fall for this.

Game 6

This is a good game for building rhythmic confidence. Having taught the group the rhythms for tea, coffee and lemonade, you now have a game of call and response with them, except they each take a turn in making up their own rhythm.

Explain that all they have to do is come up with a four beat rhythm ending with the word tea. So any variation is fine, for example, tea tea coffee tea.

You start and clap a call and response rhythm, after the group have copied it, then the person on your right claps their rhythm for the group to copy, and so on until you have completed the circuit.

When you have successfully mastered this you can experiment with three or five beat rhythms. Or even add different words such as lemonade and hot chocolate (pronounced choc-late for the purposes of this game).

You can also play this game using the Bamboo Tamboo instruments instead of clapping.

Game 7

This is similar to Game 6, but instead of just clapping you give each word a different sound.

The simplest way of doing this is as per exercise 2 in the developing coordination document, so:

Tea	Clap	(clap)
Coffee	Stamp	(stamp stamp)
Coca cola	Pat knees	(pat pat pat pat)

Now when each person comes up with a rhythm they need to articulate it with the correct sound instead of just clapping.

Game 8

Our final game is a very simple idea, but can be quite tricky to master.

Teach the group a rhythm (keep it simple to start with, tea tea coffee tea is always a good place to begin) then the object of the game is for each person in turn to clap one note from the rhythm and to pass the rhythm around the circle whilst maintaining the pulse.

When the group have got the hang of this gradually increase the complexity of the rhythms.

Again this game can be played with the Bamboo Tamboo instruments instead of clapping.

And if you really want a challenge add in the different sounds from Game 7.