



shake your hand  
shake the other hand



roll your shoulders  
roll them back the  
other way...



BREATHE  
through your nose  
  
HOLD it for 4 beats  
  
Then BREATHE OUT  
through your mouth



The first of the vocal  
exercise is called  
My mum  
  
it goes My mum  
(x8)



Next thing that you  
can do is get a big  
imaginary  
**piece of toffee**  
  
Put it in your mouth  
And start chewing



Let's see everybody  
make a gigantic  
BIG face  
  
...small face...  
... BIG face...  
... small face...