Waking up morning routine warm up

Accompanying resource for whacky warm up video

Once the children have been talked through the story of the wake up routine, you can call out each one without explanation and they should be able to recall and repeat the actions quickly. Challenge the children by calling out a sound out of sequence, they don't have to be called out in order once they have worked through the whole routine at the beginning.

Sleeping – snoring sound (Peppa pig)

Alarm – nasal ng twang focused mouth can be open or shut

Yawn – make this high pitched and accompany with high arm stretch

Jump out of bed – energetic but land firmly with feet planted hip width apart and hands on hips

Power shower – big strong SHHHHHH sound accompanied with an arm wave to the floor

Towel Floss – physical warm up side to side most children can do this

Tooth brush – either manual use fingers to mobilise the lips up and down or see if children can make the electric toothbrush sound BRRRRRRRRR lip trill

Run Downstairs – quickly run in a circle twice on the spot

Microwave – VVVVV sound top teeth on bottom lip and circular movement with hands as bowls turns round

Ping! – porridge is ready

Eat the Porridge – tongue warm up this porridge is delicious and sticky so it has to be eaten by moving the tip of the tongue around the outside of the front top teeth and bottom teeth and then the inside of bottom and top teeth

TOO HOT – suddenly stop eating the porridge and pant ho ho ho ho short pants to cool the mouth down

BUS – VVVVVVV or BRRRRRRR sound as the children drive to school – they can move around as they drive if there is room

SCHOOL GATE HEAD TEACHER – hands on hips, low pitch voice: GOOD MORNING EVERYONE

ADULT DROPPING YOU OFF - High pitch HAVE A LOVELY DAY

Naughty children in the school playground – Nyah nyah nyah nyah nyah twangy whiney sound