

PRIDE NAME: \_\_\_\_\_

### DIRECTIONS:

Your Pride will contribute to the Opening Ritual by offering one physical and one vocal warm-up exercise for the whole class. These warm-ups will be used at the beginning of each session as part of your Opening Ritual.



## WARM-UP CREATION

1. For your physical warm-up, select one **stretching** warm-up from the video. Work as a group to determine how your Pride will teach it to the others using call and response.
2. For your vocal warm-up, select one **breathing** warm-up from the video. Work as a group to determine how your Pride will teach it to the others using call and response.



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### WARM-UP CREATION

1. For your physical warm-up, select one **cardiovascular** warm-up from the video. Work as a group to determine how your Pride will teach it to the others using call and response.
2. For your vocal warm-up, select one **range** warm-up from the video. Work as a group to determine how your Pride will teach it to the others using call and response.

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## **WARM-UP CREATION**

1. For your physical warm-up, select one **isolations** warm-up from the video. Work as a group to determine how your Pride will teach it to the others using call and response.
2. For your vocal warm-up, select one **diction** warm-up from the video. Work as a group to determine how your Pride will teach it to the others using call and response.