



Theatre For Daily Living!

Creating Human Connection through Play:

Freeing ourselves from the inner critic and making real time connections with others, using eye contact, voice, movement and story telling!

Breathing Mindfully

Sit comfortably, with your spine tall. Observe the soles of your feet on the floor. Wiggle your toes.

If you are able, inhale through your nose and exhale through your mouth. Leave your jaw loose and enjoy your wide, flat tongue. Close your eyes but stay present. Listen to the sounds in your immediate environment. Identify three sounds for yourself. Observe your breath. Observe your heartbeat. Allow your muscles to release.

Relax and lower your shoulders, soften your face and jaw and while sitting tall, imagining a big kangaroo tail extending out of your lower back creating a tripod with your feet and stabilizing your balance.



Breathing Space

Imagine your chest as a large rubber barrel that can expand and contract in all directions. Concentrate on inhaling the rib cage open in ALL directions – 3 dimensionally!

Next, inhale through your nose and while exhaling through your mouth allow your elbows to float up to shoulder height. This may take two or three breaths. Feel the openness this creates in your rib cage. Now lower your arms and try to maintain that sense of expanse within your chest.

Breathe.

Inhale through your nose and sigh out on *any sound you like*.

Reading and Speaking

When reading and speaking text, allow yourself time to warm up. Pay special attention to the consonants in your words and sentences. It may feel as if you are exaggerating when in fact you are completing the words for better understanding from your listener audience.

In particular enunciating the following letters can make a big difference:

B C D K M N P R T

Practice with some favourite text or poetry, and in as many languages as you have.

CHALLENGE!

Try the same thing now while holding a pencil between your teeth!



Warm Up Your Lips with *HMMMM* Enjoy the vibrations!

THE TONGUE

Your tongue holds a lot of tension and emotion. Give it some love! Massage the root of your tongue with your fingers. You will find the root under your chin just inside the jawbone. Let your tongue spread loose and wide as it rests.

Allow your tongue to spread extra wide and long. Careful not to tense your jaw muscles while trying to relax! Keep your spine tall and your feet comfortably on the floor.

Don't forget to breathe!



Inhale gently before you speak and *exhale AS you speak*. This way you are sending your words out supported ON your breath, giving your communication clarity and direction.



Practice Some Tongue Twisters

Unique New York

Black background brown background

Tie twine to the three tree twigs

Chachi nay chacha ko chandi kay chumuch say chutni chuttai.

Davinder di dadi de do dand dukhde, dilli de dukandar davinder di dadi de dandan di dawai de dinde

NOTES: