

Articulator Warm Up

International Thespian Society Festival

FINDING CENTERED FOCUS:

- Find your spine, plant your feet, use your chairback as support, and relax the shoulders and jaw.
- Warm up the hands by rubbing them together.
- Place the palms over the eye sockets and let rest. Let the hands slide down the face, temporal region, and jaw with some weight. Allow the jaw to hang as the hands fall away.

JAW:

- Massage under the tongue by working the thumbs into the underside of your chin.
- JAW RELEASE: Curl the index fingers and apply an even pressure to the point below your ear/ behind your earlobe. Drag thumb along underside of jaw all the way to the chin.
- Gently massage the masseter (chewing) muscle.
- Clasp hands in front of your face and shake like a rattle. Release the jaw and shake it out.

LIPS:

- Take the root of the upper and lower lip (orbicularis oris) between your index finger and thumb, then gently massage
- Hook fingers inside lip corners and gently pull open.
- Blow out through the lips. Remove fingers and lip trill; then add sound

TONGUE:

- Stretch your tongue out of mouth from the root and then point the tip up, down, left, right, and around in a circle. Reverse the circle.
- Swipe the front of the teeth on both the bottom and top of the mouth.
- Channel and bunch: spread the tongue wide, then point narrow. (Catch snow, point)
- Arching and cupping: eeeeeeee to ewwww , then aaaaaaaaaa to ahhhhhhhhhhh

PROFESSIONAL YAWN:

- Smile as wide as possible, rest the tongue on the bottom lip, and luxuriously yawn (this will raise the soft palate). Repeat 2-3 times.

NECK RELEASE:

- Release your head to the side, keeping the shoulders released. Increase in 2 steps: extend side of stretch arm down and out at a 45* angle like you are reaching for something; use other hand to gently rest on side of head.
- Release the head down and use the palm to raise the head back to the top of your spine.
- Repeat on the other side and center.