

**TBH LET'S GET IT STARTED | FULLY SCRIPTED VERSION 5 MINUTES**

***TBH Let's Get It Started!** is a gentle seated warm-up designed to build focus, energy, and get everyone ready to learn together. You will use the **TBH Let's Get It Started!** at the beginning of each class. Your class materials include a shorter version of these directions. Encourage your students to count along and support one another.*

*The **TBH Let's Get It Started!** playlist offers suggested music to set the pace of your workout. Use the [TBH Spotify playlist](#) or select from the song list provided here.*

*As you get comfortable teaching this warm-up, consider changing the "counts." You can add or subtract different numbers, use the alphabet, or use other commonly known lists, such as the months of the year or the days of the week.*

**We are going to begin with "TBH Let's Get it Started!" Being physically active is great for our brains. This quick warmup is a great way to get focused, build energy and get us ready to learn. We'll do this right at our seats at the beginning of every class. Just watch what I do and follow along!**

**FEET GET STARTED.** First, let's get our feet started! Put both feet flat on the ground and tap your toes, just like this. Ready? Let's count to 10! Tap toes on both feet, up and down, for ten repetitions. Great! Now, let's do another 10, but alternate our taps and count backwards! We do it together, we count together. Ready? Keep tapping but this time alternate left and right feet. Count repetitions aloud, starting at 10 and counting backwards.

**LEGS GET STARTED.** Now let's warm up our legs. First, let's get the blood flowing through our bodies by stamping our feet on the ground – all together. I want to hear you. Let's start making some noise! Demonstrate stomping on the floor alternating feet. Now, let's slow it down and gently kick one leg at a time. Starting with either leg, kick gently from the knee. When everyone is kicking, start counting. Let's count together using the alphabet, starting at A. Ready? Count repetitions aloud using the alphabet from A - J. Excellent! Now we are going to march in place while counting backwards together by 2s, starting at 20. Demonstrate marching in place. If your class is physically able to march in place safely while standing, you may choose that option. When everyone is moving together, begin the count. Let's start! 20. 18. 16. 14. 12. 10. 8. 6. 4. 2. 0! Repeat after me. GOOD – FOR - ME! Now turn to your neighbor and say "GOOD – FOR - YOU!"

**ARMS GET STARTED.** Okay, let's get our arms started! First, let's gently shake our arms out and loosen ourselves up. Arms at our sides, shoulders down our back. And wiggle, like this. Gently shake the arms. Next, let's open and close our hands. Demonstrate. And, gently circle our wrists. Circle wrists a few times in both directions. Next, watch me then join in. Be gentle with these. Here we go! Hold arms straight out in front, shoulder level, with palms facing down. Lower both hands to thighs and then raise them back to shoulder level. Ready? Let's count by 2's. 2, 4, 6, 8, 10! Now let's loosen up our shoulders. Place hands on knees. Gently shrug shoulders up and down. Lift those shoulders up and down like this! Let's do 5 lifts, counting backwards from 5. Ready? Count repetitions aloud, starting at 5 and counting backwards.



**VOICES GET STARTED.** Almost done, everyone! Let's finish up by getting our voices warmed up! Ready?

Let's all say "OHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.

Let's all say "EHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.

Let's all say "AHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.

Now let's do all the sounds together, like this. Repeat each sound with the group, but this time don't pause in between the sounds. Say "OH – EH – AH," holding each sound for a few seconds. "OH – EH – AH" Repeat 3 times.

Now Let's try warming up our talking voices using this famous acting technique! Repeat after me three times. "The lips, the teeth, the tip of the tongue." Repeat 3 times with your group.

**BREATH GETS STARTED.** OK. Next, let's slow it down and get focused by taking one more big breath in through your nose, like this. Inhale deeply through your nose. And exhale out through your mouth, like this. Exhale, this time through your mouth.

Now give yourself a great big hug! Demonstrate. Send some TBH love to your brain!

Great job, everyone! Do you think we are started up and ready to go?



### TBH LET'S GET IT STARTED! SUGGESTED PLAYLIST

Play some of the suggested tunes for your *TBH Let's Get It Started!* workouts. Choose songs according to their BPM (beats per minute). Use songs with a lower BPM if your students have limited movement ability or a higher degree of challenge.

Find the recommended tunes on our *TBH Spotify Channel* ([TBH Spotify | Let's Get It Started! Playlist](#)), iTunes or your favorite music source.

Want to check the BPM of another tune? Visit [www.songbpm.com](http://www.songbpm.com), a site which provides the BPM for different songs using the title or artist's name.

SONG	ARTIST	BPM
Sweet Caroline	Neil Diamond	63
What a Wonderful World	Louis Armstrong	77
L-O-V-E	Nat King Cole	78
Thinking Out Loud	Ed Sheeran	79
In the Mood	Glenn Miller Band	83
Oh, What a Beautiful Mornin'	<i>Oklahoma!</i> cast recording	92
Take Me Home, Country Road	John Denver	94
Hey, Soul Sister	Train	97
I Just Called to Say I Love You	Stevie Wonder	114
Feeling Good	Michael Buble	115
Don't Stop Believin'	Journey	119
All That Jazz	<i>Chicago</i> cast recording	120
Conga	Miami Sound Machine	122
Day O (Banana Boat Song)	Harry Belafonte	123
Under the Boardwalk	The Drifters	124
You Make Me Feel So Young	Frank Sinatra	124
Oye Como Va	Santana	128