

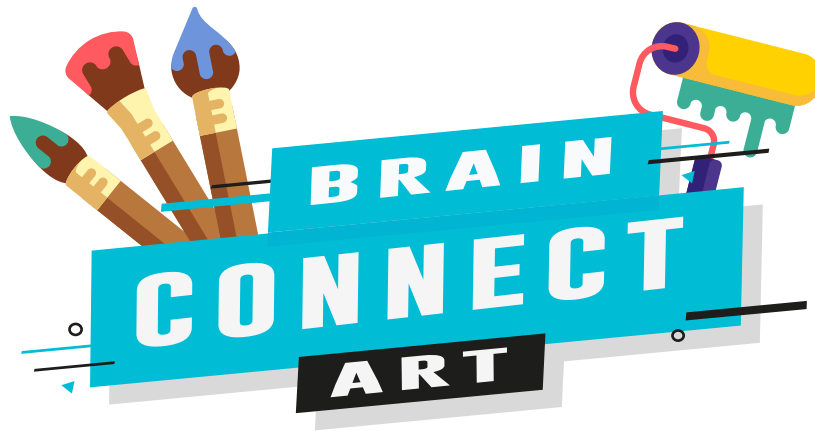
10 Arts Integration & STEAM

WARM-UPS

FOR ANY
CLASSROOM

Contents

- 03** Brain Connect
Visual Art Warm-up
- 04** Color Art
Visual Art Warm-Up
- 05** Drawing Practice
Visual Art Warm-Up
- 06** Creating GIFs
Media Arts Warm-Up
- 07** Creating Memes
Media Arts Warm-Up
- 08** Mood Post
Media Arts Warm-Up
- 09** Standing Stretches
Movement Warm-Up
- 10** Spinal Stretch
Movement Warm-Up
- 11** 1-Minute Switch
Movement Warm-Up
- 12** Dance Kinosphere
Movement Warm-Up



Warm-up Sequence:

In this warm-up students will get ready for a visual arts lesson.



Have students select two colored pencils or crayons and hold one in each hand.



Instruct students to begin with both drawing tools in the center of the paper. Begin to draw as if one hand is mirroring the other.



Move hands simultaneously to create a symmetrical image.



LESSON APPLICATION

This warm up focuses on space and shape. It also allows for brain connectivity as students practice drawing with both hands at the same time.

This warm-up would be ideal for lessons where students are learning about symmetrical vs. asymmetrical art.



Warm-up Sequence:

In this warm-up students will get ready for a visual arts lesson.



Have students divide their papers into 30 rectangles by drawing a graph of 5 vertical lines and 6 horizontal lines.



Now have students spend 3 minutes (on the timer) trying to fill in as many rectangles as possible with different colors using colored pencils.



Try having students mix colors to create secondary and tertiary colors.



Try having students create different values of each color by pressing harder or softer on the pencil tip.



LESSON APPLICATION

This warm-up looks at creating colors through a quick timed activity.

This would be a great warm-up before students dive into a lesson focusing on color in art.



Warm-up Sequence:

In this warm-up students will take time to stretch their hands and arms as they get ready to sketch or paint in today's lesson.

1 STEP

Hold your pencil in your hand and sketch a very light line. Create the lightest line you can make by pressing your pencil as softly and gently as you can on the paper.

2 STEP

Now practice making a series of lines. Make a loopy line, a straight line, a dotted or dashed line, a slow line, a quick line, and a silly line.

3 STEP

Turn your pencil on its side and use the edge of the pencil tip. This is the part of the pencil you would use to shade or color in a section of a drawing. Try making a light shading and a darker shading.

4 STEP

Try drawing a shape. Fill in the shape using the side of your pencil.

5 STEP

Make a series of very small lines all in one row, or make a line a little bit at a time until you have a line that stretches across your paper. This is how we sketch, by making lots of small light lines and then deciding which of those lines we want to make bolder and which lines we want to leave very light.



LESSON APPLICATION

This warm-up is an introduction to sketching. Consider using this warm-up before a lesson where students will be drawing.



Warm-up Sequence:

Make sure that the video clips students use to make their gif do not contain any identifiable information (nothing with first/last names written on them, faces, etc.).

1 STEP

Have students work in partner pairs to take a short video of something in the classroom/school and upload it to their computers.

Alternate: Have students use the following youtube video of dancers to create their gifs by copying and pasting the link.

2 STEP

Then have students log onto giphy.com and upload their images to the website under the Gif maker tab or input the video URL.

3 STEP

Inform students they are to choose any emotion displayed in their video to focus on. Have students select 3 seconds for the length of their gif and add text that they feel thought that would accompany the emotion being expressed in the video.

4 STEP

In a separate tab have students type in the URL of a communal google doc created by the teacher.

Have students copy the embed link of the gif they created and paste the gif in a collaborative google doc created by the teacher.

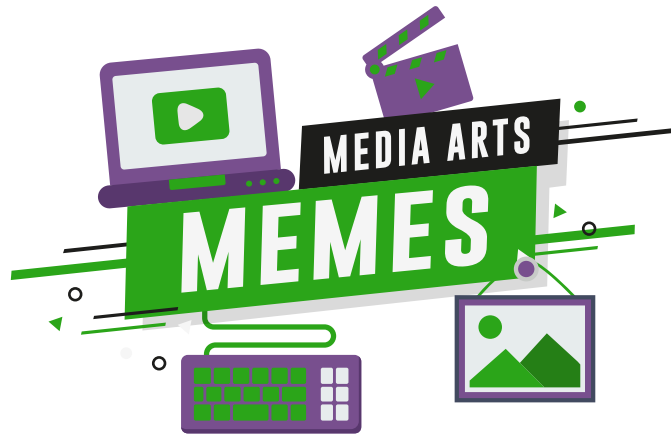
5 STEP

Scroll through student gifs on the promethium board or projector and have students identify their work.



LESSON APPLICATION

This warm-up is great for demonstrating video analysis and introduces students to the concept of gifs. Alter the youtube clip used and then utilize this warm-up to open any lesson where students are analyzing a music video or dance through media arts.



Warm-up Sequence:

Students will create memes that contain both a visual component and a text element to convey a message using photoshop.

1 STEP

Show students a few examples of memes and explain that a meme is a funny picture containing both a visual element and focus that has become popular on the internet. Inform students that today they will be creating their own images using classical artwork as their image.

2 STEP

Have students decide whether they would like to work with Venetian by Cariani, or The Loge by Mary Cassat. Then direct students to log into Imgur Meme Generator. Select upload new background on the right side of the page. Then students should paste the url of their chosen image into the text box (under the browse button). Imgur will automatically upload the image and bring you to the creation page.

3 STEP

Have students type in the text they would like to accompany their image. Students may also move the text and resize it. Explain that the text might be a thought that the subject of the painting is thinking or saying.

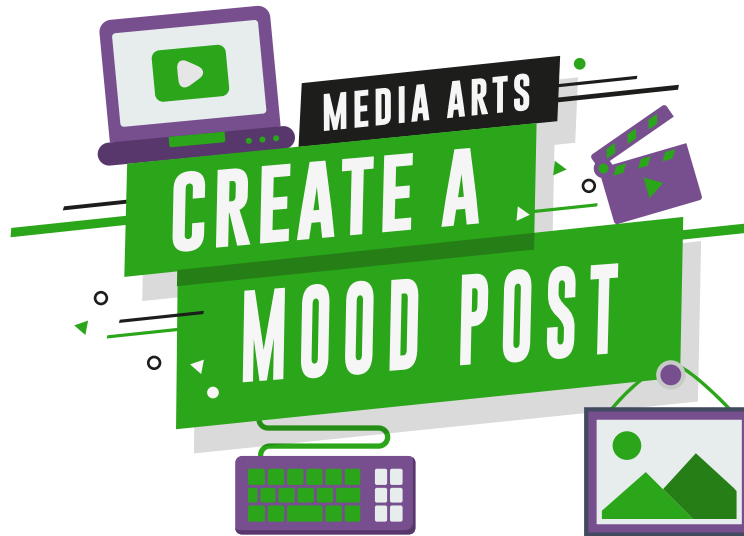
4 STEP

Have students title their memes before selecting the make this meme option. Have students right click the completed image and save it to their computer.



LESSON APPLICATION

This warm-up allows students to consider the perspective of the subject of the painting and would be a great way to lead into a lesson that involves considering multiple points of view.



Warm-up Sequence:

In this warm-up students will work independently in an Adobe Spark.

1 STEP

Have students log into Adobe Spark and look for the + symbol to start their warm-up project.

2 STEP

Have students select "Post" as the type of content they want to create.

3 STEP

Allow students to select an image and "remix" that image to personalize it to their current mood.

4 STEP

Students should alter the following aspects of the image they choose:

- ★ Text content
- ★ Text Size
- ★ Theme
- ★ Color Palate

5 STEP

Have students "preview" their post and share out with a partner.



LESSON APPLICATION

This warm-up is great for having students practice running through the basic options of the adobe program before a lesson that involves elements of design.



Warm-up Sequence:

In this warm-up students will warm-up their bodies and get ready to move during the lesson today.

1 STEP

Gather students into an open space for movement.

- ★ Have students stand and rub hands together.
- ★ Have students tap their body lightly with their hands from head to toe.
- ★ Stomp feet.

2 STEP

- ★ Have student lean down into a forward fold and hold for 4 counts.
- ★ Have students roll up their spine to a standing position for 4 counts.

3 STEP

Have students hold their arms out straight in front of them for these exercises:

- ★ Bend knees (plie) for 2 counts
- ★ Straighten knees for 2 counts
- ★ Bend knees (plie) for 2 counts
- ★ Straighten knees for 2 counts
- ★ Repeat using 1 count for each movement (1 count of 8)

4 STEP

- ★ Right leg lunge back for 8 counts
- ★ Left leg lunge back for 8 counts
- ★ Right leg lunge back for 8 counts
- ★ Left leg lunge back for 8 counts

5 STEP

- ★ Right hamstring stretch. Hold foot for 8 counts.
- ★ Left hamstring stretch. Hold foot for 8 counts.
- ★ Right hamstring stretch. Hold foot for 8 counts.
- ★ Left hamstring stretch. Hold foot for 8 counts.



LESSON APPLICATION

Option 1: Have students count out loud together for each stretch to practice counting an 8 count measure.

Option 2: Have one student lead the class and call out every other number while the class calls back the numbers in the sequence that the leader does not say.



Warm-up Sequence:

The human spine is able to move in six definite directions. In this warm-up students stretch their spine to prepare for movement in the days lesson.

1 STEP

Spinal Extension (Direction 1)

★ Seated in Chair:

Place hands on knees and push the chest and abdomen out. Lift the chin towards the ceiling. Inhale.

★ On Floor:

On hands and knees (table pose) allow belly button to sink to the floor as students arch backs and raise faces upwards. Inhale.

2 STEP

Spinal Flexion (Direction 2)

★ Seated in Chair:

Place hands on knees and pull chin to chest and belly button to spine as students pull in and round spine. Exhale.

★ On Floor:

On hands and knees (table pose) bring belly button to spine and round spine up towards the ceiling. Drop top of head towards the floor. Exhale.

3 STEP

Lateral Side Bending (Directions 3 and 4)

★ Seated:

Place left hand on left edge of chair seat. Reach right arm up and over head towards the left. Palm faces down, gaze can look up at hand or down at floor. Breathe. Repeat on opposite side.

★ Standing:

Leave left hand by side and reach right arm up and over towards the left. Lengthen through the right side body. Breathe. Repeat on opposite side.

4 STEP

Twists (Directions 5 and 6)

★ Seated:

Anchor left hand to back of the chair by reaching around behind body, Then bring right hand to left knee or thigh and twist through the spine turning head to the left to look behind. Breathe and grow tall towards the ceiling. Repeat on opposite side.

★ Standing:

Swing arms loosely along side of body as students turn to the right and the left, looking over each shoulder as they twist.



LESSON APPLICATION

Use this warm up to begin a lesson where students will be moving and twisting their spine. This lesson is also a great way to wake-up in the morning. Once students have completed the warm-up ask them to feel their positive focus, listen to your quiet breath and have a positive day!



Warm-up Sequence:

In this warm-up students will get students moving and raise the energy level and temperature of the room.

1 STEP

Have students spend 1 minute doing jumping jacks or small jumps in place.

2 STEP

Have students spend one minute completing lengthening full-body stretching.

- ★ Large arm swings with torso twisting
- ★ Leg swings while transferring weight to opposite leg
- ★ Standing tall and reaching both hands together up and over the body reaching first to the right, and then to the left.

3 STEP

Have students spend one minute working on core and stability. Ask students to sit on the floor and tuck their knees up to their chest. Grab the nooks of the knees with hands and lean back to lift both feet off of the floor (boat pose). Have students extend arms out and hover arms up and down alongside of knees.

4 STEP

Have students spend one minute working on balance. Ask students to begin with their left knee and left hand on the floor with their right arm extended above their body (supported side-plank). Extend right leg so that the entire body is in a straight line. Pull the right knee towards the torso and the right elbow towards the knee. Repeat on the opposite side of the body.

5 STEP

Finish this warm-up by having students spend another minute doing jumping jacks or small jumps in place.



LESSON APPLICATION

This warm-up indirectly references the Barteneiff Fundamental exercise called Basic Six. These exercises were developed in 1940 by Irmgard Barteneiff as a method of connecting breath and movement.



Warm-up Sequence:

In this warm-up students will differentiate self-space from general space.

1 STEP

Have students find a place in the classroom where they have a bit of space around them. Stand in the front of an open space and have students point their toes towards and gaze towards you.

2 STEP

Reach into your pocket (if you don't have a real pocket reach into your imaginary pocket) and take out your imaginary piece of chalk. To create your kinosphere draw a huge arc all the way around your body by passing the chalk from one hand to another. Draw a huge arc using an extended arm behind your back, around your sides, over your head.

3 STEP

Test your kinosphere for strength by poking it, punching it, kicking it, stretching it, jumping in it, knocking on it.

4 STEP

Have students "remove their voice boxes" (aka become silent) and "place their voice boxes on the ground inside their kinosphere. Have students move their kinospheres around the classroom without bumping into anyone else's kinosphere. If student's kinospheres are not "safe and soundproof" students must sit down for "kinosphere repairs."

5 STEP

Have students move inside their kinosphere without moving it (non-locomotor movement), and then have students move their kinosphere around (locomotor movement). Try using different adjectives to describe the way students should move.



LESSON APPLICATION

This warm-up is great for lessons where students will be moving through general space. It allows students to practice self-space as well as respectful interaction in general space.