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# Julie's greenroom

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## Warm Up Handbook

### Basic Warm Up

*Episode 101: The Show Must Go On*



To introduce the Greenies to the theater, Ms. Julie starts with an important part of theater: the distinction between Stage Left and Stage Right.

***Warm up stage left***  
***Warm up stage right***

Next, one of the most important warm-ups of all: stretching. Whether it's dramatically climbing a set or dancing

across the stage, theater can be physically taxing. Stretching helps performers build focus and prevent injuries. (Before more intense physical activity, experts suggest 'dynamic stretching,' a more mobile version). Ms. Julie mentions our muscles specifically:

***Warm up your muscles to make them less tight***  
***Reach up to the rafters and down to the stage***  
***Warm up your shoulders and now your rib cage***

But our Greenies have to warm up their voices as well! So the next steps are to warm up your lips and your voice, like so:

***Warm up your lips***  
***Warm up your heart and warm up your voice***  
***La La La La La la La La La***

It's a classic nine-note scale on the piano. Try going through all of them at once, or simply follow along with the Greenies!

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### Shakespeare Shares

Episode 102: The Write Stuff



Episode two is all about writing. That's why this warmup calls to mind one of the greatest writers of all time: William Shakespeare!

Writing can be a difficult task, and it often helps writers to take a break and get their bodies moving. Some take a walk, others exercise, and some do stretches. But for the Greenroom, we're going to get up on our feet and shake it all out.

*All's well that ends well, that is what they say  
The game is afoot, every dog will have his day  
We'll keep on shaking 'til an idea takes,  
Shake shake shakin' with the Shakespeare Shakes!  
The sound and the fury in this infinite space  
It's as plain as the nose on your face  
We will keep on shaking!  
We don't need any breaks!  
Shake-shake-shaking with the Shakespeare Shakes!*

*Now shake your body all around, with a  
Shake-shake!*

And that's the Shakespeare Shakes! For fun, try looking up the plays each of those famous lines comes from. We are huge fans of the classics!

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### Vocal Warm Up

Episode 103: Singin' in the Rain



Our voice is an instrument, so it makes sense that doing lots of singing requires warming it up first. Our vocal warm-up starts with warming up our mouths. Try rolling your R's, like a cat purring. Next, wrap your tongue around this classic tongue twister:

***Peter Piper picked a peck of pickled peppers.***

Try saying that 10 times fast. Tricky, right? Next come the scales:

Singers often practice by running through the first five notes of the major scale, starting with C. Try this on a piano by placing your right thumb on C, then playing the next four ascending notes. Now sing along! You should go up the scale and back down again, singing 9 notes total.

***Me Me Me Me Me Me Me Me Me***

OR

***C, D, E, F, G, F, E, D, C***

Ms. Julie arrives and finishes the warmup by blowing a big raspberry. Try it yourself: just place your lips together and blow!

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### Boom-Chicka-Boom

Episode 104: Hello from the Ogre Side



To help get in character for acting, Gus and the Greenies play Boom-Chicka-Boom, a popular call-and-response song. The basics are pretty easy. To start:

**Boom-chicka-Boom (x2)**  
**I said a boom-chicka-boom (x2)**  
**I said a boom-chicka-rocka-chicka-rocka-chicka boom (x2)**  
**Uh-huh (x2)**  
**Oh yeah (x2)**

Now's when the character comes in: Lion, Cowboy, Racecar, underwater, builder style, pond style, majesty style... you name it! Just add a sound and a relevant motion to the phrase, like so:

Lion: **Boom chicka Grr chicka grr chicka boom**  
Cowboy: **Boom chicka ropa chicka ropa chicka boom**  
Racecar: **Vroom chicka rocka chicka rocka chicka vroom**  
Underwater: **Boom chicka bluba chicka bluba chicka boom**  
Builder: **Boom chicka hammer chicka hammer chicka boom**  
Majesty: **Boom chicka curtsy chicka curtsy chicka boom**

For example, for “builder,” Riley pretends to hammer in a nail as she embodies the character. Peri curtsies, like a princess would. Pick a character and try it yourself! Boom-chicka-Boom is a fun game to practice voices, sounds, and pantomimes, all while loosening us up for a day of acting. What style will you do?

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### Ballet Positions

Episode 105: Barre None



The most physically taxing of the Greenies lessons, ballet requires a warmup perhaps most of all. In fact, Ms. Julie and the Greenies start off with a simple stretch:

Straighten your shoulders, standing nice and tall. Now reach up high with one hand, stretching towards the ceiling, before slowly reaching that arm forward and down. After reaching down to your toes, lift yourself back up and take a deep breath.

Next, the Greenies have to learn the positions. There are five basic positions in total:

#### **Position 1**

*Position one is done like so – feet turned out, and hands down low.*

Place your heels together, with your toes facing outward in either direction. Your feet should form a straight line as you keep your hands low.

#### **Position 2**

*Position two: step feet out wide – arms extend out either side.*

Keep your toes pointed outwards, but now spread your feet until your heels are about shoulder-length apart. Lift your arms outwards pointed in the same direction as your feet.

#### **Position 3**

*Position three – bring heel to arch and make a ‘T’.*

Bring your feet back together again. Only this time, place the heel of one foot against the arch of the other, in the middle. As Ms. Julie points out, this makes a “T” shape.

#### **Position 4**

*Step forward for position four – we’ve only one position more.*

Position four involves taking your foot, pressed against your other foot, and stepping forward with it. Your legs should now be slightly crossed, with your feet running parallel to each other.

#### **Position 5**

Take your feet, running parallel to each other, and pull them in close again. The toe of each foot should line up with the heel of the other foot. Your legs will feel crossed, and you might stand a little awkwardly. That’s where practice comes in!

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### Duck Duck Cluck

*Episode 106: Write...Write a Song*



Many songs have rhymes, which makes rhyming a valuable skill for songwriting! Duck Duck Cluck keeps you rhyming and on your toes.

Whoever starts the game sings the jingle, a variation of “duck duck goose,” and tags someone else with a word to rhyme with! That person comes up with words that rhyme, followed by the next tag and word. The process continues until everyone has taken a turn.

For example, Gus starts with Peri. Her word is “Hat.” Think about what other words rhyme with hat: Peri comes up with cat, pat, mat, and rata-tat-tat!

The Greenies run through the words “hat,” “Peri,” “fog,” “box,” and “shoes.” But there are so many more. Rhyming games like Duck Duck Cluck keep the mind sharp and help widen the vocabulary. Try it yourself!

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### Storm Noises

Episode 107: Morning at the Improv



Improv needs more than just quick one-liners. In fact, much of the fun from improv comes from the world building that happens with pantomime and makeshift sound effects. That's why Gus leads the Greenies in summoning a huge storm together.

This activity warms up bodies and voices, channeling all that creative energy kids have bouncing around. Gus starts us off:

***There was a breeze and the breeze was blowing, blowing everything round and***

***round, listen to that breeze a-blowing, hear that WHOOSHING breezy sound.***

Wave your arms side to side as you make the “whoosh”-ing noise with your mouth. The effect should feel like the wind. Now comes Ms. Julie's verse:

***Then the rain, the rain starts falling, falling hard upon the ground.***

***Listen to the rain drops dropping, hear the pitter-patter sound.***

Take your fingers and imitate the raindrops as you make a pitter-patter noise on your own. Added to the waving and whooshing, it starts to sound like a real rainstorm.

***That's when the thunder started crashing, crashing loud across the sky***

***Listen to that thunder crashing, hear that mighty thunder cry.***

Add a CRASH and a downward swing of your arms to the storm. With the wind, the rain, and the thunder, everything is (loudly) coming together. Ms. Julie finishes things off:

***Now the mighty storm is raging, loud and strong, a storm most foul***

***Listen to that storm a-storming, hear the mighty storming howl!***

Howl like a ghost, bringing everything to a loud crescendo. It's a full-fledged storm!

Remember to repeat ALL the storm elements for the full effect. Gus winds things down:

***Now the mighty storm is breaking, breaking up to clear the skies.***

***The clouds move on, the sun is shining, all is calm and the whole earth sighs.***

Let out a big sigh: the storm is over!

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### The Boom Boom Wah Wah Game

Episode 108: Quacktice Makes Perfect



The orchestra has so many instruments, it's hard to keep track of them all. That's why Gus has the Greenies play the Boom Boom Wah Wah game!

You can play Boom Boom Wah Wah along with the Greenies, or just by yourself. Name an instrument in the orchestra, then imitate the noise it makes. The orchestra has four main subgroups: Brass, Percussion,

Woodwinds, and Strings. Each of those has several instruments within. After all, some orchestras have as many as 100 players.

Here are the examples the Greenies use:

***What makes a boom boom boom-y sound? The drums they say, so pass it around!***

***We feel the music - boom boom boom (x2)***

***What makes a wah wah wah-y sound? The trombone I say! So pass it around!***

***We feel the music - wah wah wah (x2)***

***What makes a plink plink plink-y sound? The piano I say! So pass it around!***

***We feel the music - plink plink plink (x2)***

***What makes a toodle-oodle-oo sound? The flute I say! So pass it around!***

***We feel the music - toodle-oodle-oo! (x2)***

***What makes a zoom zoom zoom sound? The bass I say! So pass it around!***

***We feel the music - zoom zoom zoom! (x2)***

***What makes a screech screech screech sound? My violin I say! So pass it around!***

***We feel the music - screech screech screech! (x2)***

Follow along with the Greenies, or do it on your own - there were plenty of orchestra instruments the Greenies didn't get to. Try to think of a few!

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### Make Me Laugh

Episode 109: Send in the WOW



Everyone loves to laugh. Episode Nine, our clown episode, opens up with a fitting warmup: Make Me Laugh! The Greenies all don red noses to play the game. But there's no nose required. All you'll need is fun, and a sense of humor.

Gus throws out a few suggestions: Fall down, juggle, or squirt flowers. But if you don't have props or a safe place to fall, give the Greenie's methods a try:

**Fizz** imitates an animal, and does a pantomime of swimming backwards.

**Spike** imitates an animal as well, complete with sound effects and some rhymes.

**Peri** does a fake slip, followed by a dance!

**Hank** tells a classic joke, with a setup and a punch line.

**Hugo** flies away with a propeller hat.

Can you imitate an animal like Spike or Fizz? What can you think of that's funny? Follow the Greenies or do something of your own!

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### Name Game

Episode 110: Rhythm is Gonna Get You



Percussion and rhythm is all about movement – so Ms. Julie starts off percussion day with the Name Game!

The name game is a classic summer camp icebreaker, an introduction game for learning names while having fun. It's a simple two-step process: say your name, then follow it with a motion! As each person adds themselves to the circle, a very unique dance is formed.

For example, Ms. Julie starts us off by raising her hands in the air to accompany her name. Next, Gus adds a rhyme:

***I got the moves, I got the name,  
I'm makin up moves to go with my game!***

The Greenies go all the way around, each adding a motion. Hank spreads his arms out wide, Spike wiggles, and Riley puts her hands under her chin, all while adding their names.

Go all the way around the circle, adding a motion for each person. That way, you and the Greenies can work on memory while also loosening up with their own different motion. What motion would you do?

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### Props!

Episode 111: Costumer Service



Props are a fundamental piece of putting on a show that transports the audience into a different world. But they don't have to be fancy or professionally made! That's the lesson of Episode 11's warm up, Props. Props is a popular improv game within the comedy sports world, giving players a chance to project their imagination upon a physical object for fun and laughs. They Greenies do the same, with Ms. Julie assigning each a scarf to play pretend with. Then everyone has to guess what the scarf-holder is acting out!

Gus adds a song:

***Scarf go up, scarf go down,  
Gonna wave our scarves all around  
Scarf for me, scarf for you,  
Let's see what our scarves can do!***

You can grab your own scarf or a bandanna and play along! A prop can be a costume, or a new body part, or whatever you like! It's all about imagination: Gus puts his scarf on his head and pretends to have long flowy hair like a rock star, while Ms. Julie covers her mouth and pretends to be a surgeon!

Hank pretends to be a pirate by wrapping the scarf around his head. Fizz uses her scarf as an elephant trunk, and Peri pretends to be a chef wearing an apron. Spike uses his scarf as a superhero cape, and Riley makes a space helmet.

Gus finishes things off with another song:

***Scarves are great, scarves are fun,  
But now our scarfin' game is done!***

This game can be played with almost any object, but make sure it's a safe one. A cardboard tube, a pillow, a slinky... the options are limitless. Have fun, and use your imagination!

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### That's Who I'm Gonna Be

Episode 112: The Mess Rehearsal



Tech rehearsal is the final stop before opening night! And getting into character is absolutely essential before putting on a performance.

Start by stating who you're going to be, followed by performing it and adding an adverb. An adverb describes how the line is delivered, and ends with "-ly". For example, Gus starts us off:

***I'm gonna be the Stage Manager, that's who I'm gonna be.  
The Stage Manager says "Lights 101, sound X," oh so professionally!***

The formula goes like that: "I'm going to be \_\_\_\_\_, that's who I'm going to be. The \_\_\_\_\_ says \_\_\_\_\_ oh so \_\_\_\_\_ - ly!"

Figure out who you'd like to be, then figure out how that character talks. Peri's Ogre says "Grrr" oh so frighteningly! Spike's Wizard says "Alakazam" enchantingly, and Riley's Jester says "Badaboom" humorously. It doesn't have to just be a role from a play, either. A pig says "oink" oh so messily, or a computer can say "beep boop" oh so robotically!

Here's Fizz for good measure:

***I'm gonna be a Princess, that's who I'm gonna be,  
The Princess says "have a waffle, oh so royally!"***

Got it? Think about not only what your character would say, but HOW they would say it. That descriptive adverb you come up with will help you later on in your performance!

*Jim Henson*  
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