

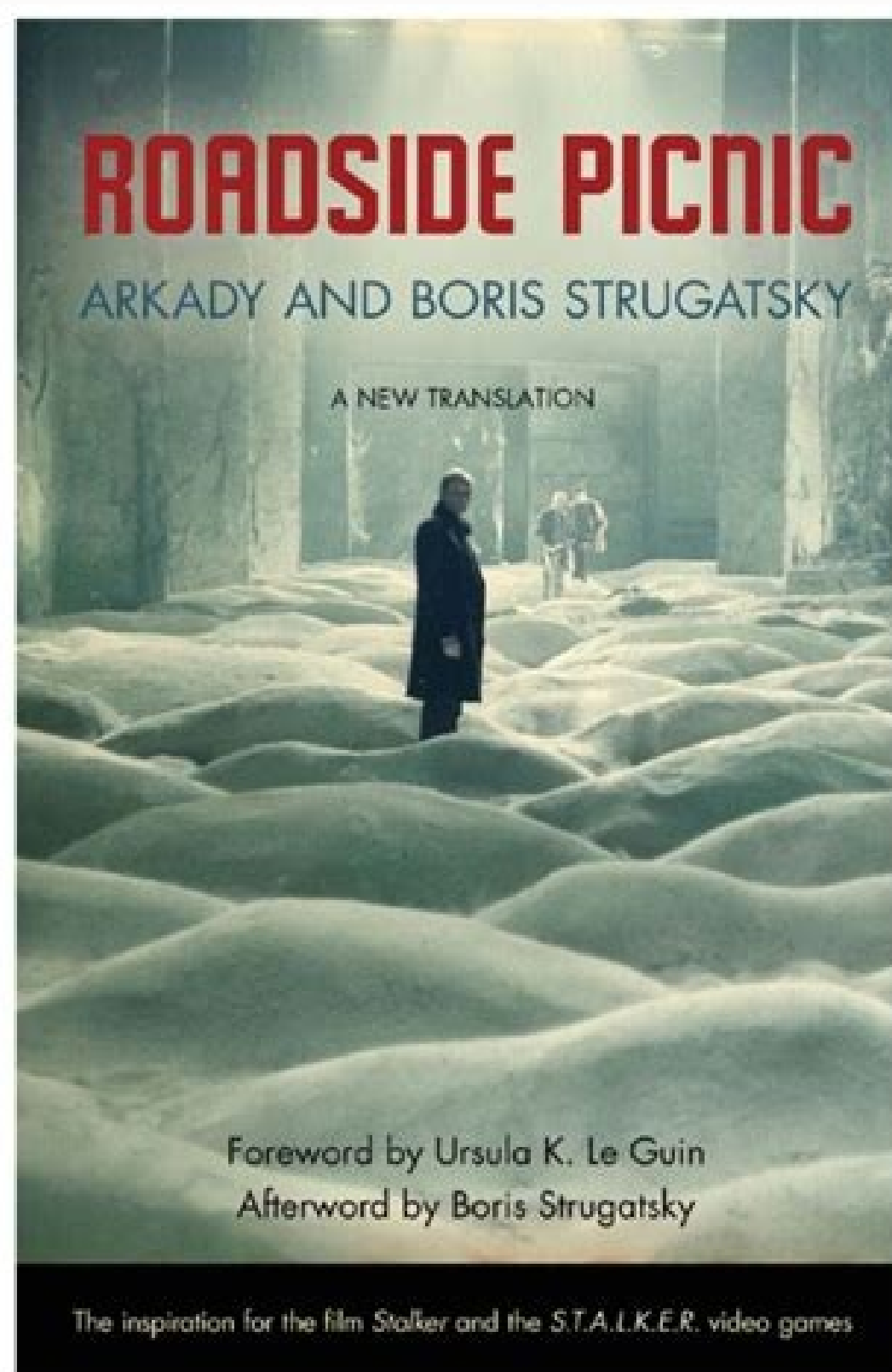
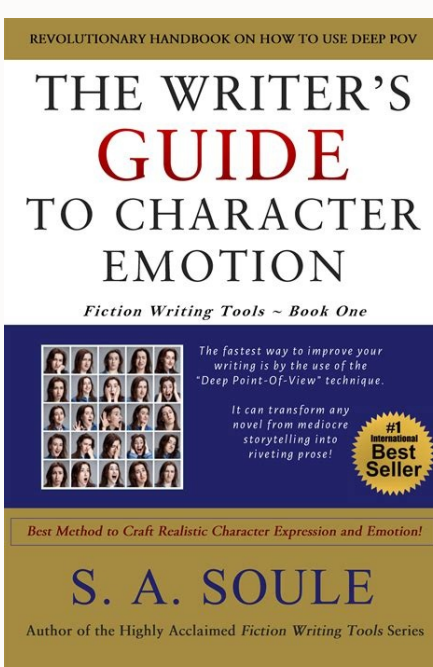


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Turn Up the Heat! 6 Sizzling Warm-up Activities for ESL Classes

fluentu.com/english/educators/blog/esl-warm-up-activities/

When you look around your ESL classroom, do you see students ready to nod off to sleep?

Do you hear a choir of groans when you ask your students to open their texts?

Are your students focused on **anything** besides the hour of ESL they have ahead of them?

If so, don't worry, it's not (always!) your fault.

Your students' brains could be cold and sleepy, and they might just need a literal and figurative stretch to get ready for what's coming.

They need a **warm-up!**

Why Should We Warm Up to Start a Class?

Imagine you want to run a race. What's the one thing that everyone will tell you to do before you start? That's right, you need to stretch! If you don't, you could be sore afterwards or even injure yourself while running.

It's the same with most other activities. Just think: athletes, dancers, singers and actors all warm up before their respective activities. Why should it be any different for ESL students and even their teachers?

Besides, starting an activity cold simply turns the first minutes of the activity into an improvised warm-up, anyway. Those first few struggling minutes are often the result of class material being inappropriate for warming up.

That's why you need some great warm-up activities to help everyone ease into the class—and you might even save your students or yourself from a pulled brain muscle!

Fortunately for you, you can save a lot of time planning if you use any of these fun and interactive ESL warm-up activities.

To see how and why they work, we'll start by looking at a few principles and general types of warm-ups. Then we'll get into six real examples of warm-ups, complete with instructions about how to use them in class!

What Your Warm-up Activity Should Do

Before we get into our examples, let's take a quick look at some principles about warm-ups, and why they're especially important for ESL and other language classes.

Physically warm up students

Have you ever considered doing a **physical warm-up** before jumping into your lesson plan? That's the kind of thing that a football player or a ballet dancer does to avoid injury, to get their bodies ready for their physical activity.

Studying can become boring, even stressful, when it's a purely sedentary activity. Rolling your shoulders, head or hips a few times, or doing some bend-and-stretch exercises will help your students release tension and become alert before they turn to the class material.

Incorporate instructions (and therefore vocabulary) into the exercise. For example, for a head-roll warm-up, you'd recite: "front, left, back, right" while the students roll their heads. You can also include other useful words like up,

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