

THE IMPORTANCE OF ONLINE WARM-UP ACTIVITIES

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Abstract

Undesirable situations such as war, pandemic and earthquake have shown us the importance of distance education. Warm-ups are the main phase of all performance activities. Warming up is an indispensable series of activities in art, sports and in all stages and fields of education. For the last three years, the world has been continuing online education programs such as Zoom and Google meet. The purpose of this study is to explain what warm-up is, to emphasize its importance, and to introduce ten warm-up activities that are considered useful and can be used online. Warm-up activities selected and tried according to sources are done before, in the middle and at the end of any performance. Most of the warm-up activities in the literature require physical participation. Warming up has benefits such as preparing the muscles, focusing attention, increasing motivation. There are several warm-up exercises that the expert can use in internet environments. In this study, ten warm-up activities that can be used in distance education are introduced. Educators, teachers, and other professionals should recognize the importance of warming up. Various warm-up activities should be developed especially to be able to use them in distance education. In addition, experimental studies should be conducted on the effectiveness of these warm-up activities carried out on the internet.

Key Words: Warm-up activities, ice breakers, online interactive programs.

ÇEVİRİMİÇİ ISINMA ETKİNLİKLERİNİN ÖNEMİ

Özet

Savaş, pandemi ve deprem gibi istenmeyen durumlar bize uzaktan eğitimin önemini ortaya koymuştur. Isınma hareketleri, tüm performans aktivitelerinin ana aşamasıdır. Sanatta, sporda ve eğitimin tüm basamaklarında ve alanlarında ısınma vazgeçilmez faaliyetler silsilesidir. Son üç yıldır dünya Zoom, Google meet gibi çevrimiçi eğitim programlarına devam ediyor. Bu çalışmanın amacı, ısınma nedir açıklamak, önemini belirtmek ve faydalı olduğu düşünülen ve online kullanılabilen on ısınma faaliyetini tanıtmaktır. Kaynaklara göre seçilen ve denenilen ısınma aktiviteleri herhangi bir performansın öncesinde, ortasında ve sonunda yapılır. Literatürde ısınma aktivitelerinin çoğu fiziksel katılım gerektirir. Isınmanın, kasları hazırlama, dikkat toplama, motivasyonu artırma gibi faydaları vardır. İnternet ortamlarında uzmanın kullanabileceği birkaç ısınma çalışması vardır. Bu çalışmada uzaktan eğitimlerde kullanılabilecek on ısınma faaliyeti tanıtılmıştır. Eğitimciler, öğretmenlerin ve diğer profesyoneller ısınmanın önemini farkına varmalıdır. Özellikle uzaktan eğitimlerde kullanabilmek için çeşitli ısınma etkinlikleri geliştirilmelidir. Ayrıca bunun için internet ortamında gerçekleştirilen bu ısınma etkinliklerinin etkinliğine yönelik deneysel çalışmalar yapılmalıdır.

Anahtar Sözcükler: Isınma aktiviteleri, Buz kırıcılar, Çevrimiçi interaktif programlar

INTRODUCTION

Warm-up is a term that is used in a wide range of contexts. International Gymnast and the British Journal of Sports Medicine both include an editorial titled "Warm Up" (Normile, 2008). Warm-up methods are always being developed and modified in physical education (Walte et al., 2011). In physiology, researchers are investigating whether a normal warm-up promotes tiredness and whether a shorter warm-up allows for better power production (Tomaras & MacIntosh, 2011). There is study in cardiac surgery exploring the influence of an exercise warm-up on heart recovery for wounded hearts (Tomai et al., 1996). The value of physical warm-ups is investigated and researched in strength and conditioning training (Sweet & Hagerman, 2001).

Warm-up activities are critical components of any sports or fitness training program. When it comes to preventing sports injuries, the value of an organized warm-up regimen cannot be overstated. A proper warm-up includes several critical components. These components, or elements, should all work together to prepare the individual for sports performance while also reducing the possibility of sports injury from physical exercise (Howie, & Bagnall, 2015).

There is study looking at the usefulness of a surgeon warming up before surgery by playing video games (Korkes et al., 2009). There is warm-up for the musical ear, for listening, and there is warm-up for vocal preparation in opera, choral music, or pop singing (Cetto, 2003; Gish et al., 2012). The idea of warm-up is employed in the study of history to analyze the connection of bystander nations to others' conflicts and battles, with the goal of determining whether spectator nations will warm-up to interfering (Marolda, 2011). Warm-up is a notion that is utilized widely in both astrophysics and chemistry (Hassel et al., 2011; Woodside, 1996).

A warm-up (in the context of physical activity and exercise) is any physical or mental activity that serves to prepare an individual for the rigors of their chosen sport or exercise. Solo musical instruments, as well as ensembles, have their unique methods of acclimating the musician to their music and instrument (Garcia, 2009). Warm-up is a fundamental notion in all forms of dance and is widely utilized to prepare for practice and performance, including more specialized forms such as ballet and improvisation (Diana, 2011; Franklin, 2003; Reeve, 2011). Warming up an audience is vital for live music, comedy, and television (McHenry, et al., 2009). Warm-up techniques for actors' voices, bodies, roles, and relationships within performing groups exist (McHenry et al., 2009). Storytelling is used to warm up in several venues, including public lectures and speeches, as well as education.

Warming up before any physical exercise has a lot of advantages, but the main goal is to prepare the body and mind for rigorous action. It accomplishes this in part by raising the body's core temperature while simultaneously raising the body's muscular temperature. By raising muscle temperature, you aid in the development of loose, supple, and malleable muscles (Walker, 2022).

An efficient warm-up also increases both your heart rate and your breathing rate. This improves blood flow, which enhances oxygen and nutrition supply to working muscles. The warm-up begins in the neck, continues with the shoulders, arms, hands. After warming up the abdominal area, the legs and feet are warmed up. If there is no effective warm-up in sports, injuries are inevitable (Normile, 2008).

All of this aids in the preparation of the muscles, tendons, and joints for more rigorous activities. Although many reasons can be given for warming up, they generally fall into two categories: 1. To maximize subsequent performance, 2. To reduce the risk of injury (Jeffreys, 2019).

For warm-ups, group facilitation has its own word, "icebreaker" (West, 1997). Warm-up techniques are used in a variety of psychotherapies, including psychotherapy with children, group counseling, the use of art, play, dance, and other kinds of art, and psychodrama (Dayton, 1990; Guyer & Matthews, 1981; Lowenstein, 2010; Moreno, 1956; Nylund, 2000; Wilkins, 1995, 1999; Xia & Grant, 2009; Yalom, 2005). Dramatherapy, which is closely related to psychodrama, also uses warm-up techniques for people and groups (Emunah, 1994). Similarly, in rehearsals and performance preparation of people, their relationships, and the ensemble, as well as in performances, playback theatre utilizes a warm-up technique to aid the audience in becoming engaged with the actors (Dennis, 2004).

These examples show the popularity of the notion of warm-up in a variety of contexts, including, but not limited to, psychodrama. The notion is used to regions that relate to the preparation of muscles (in fingers, legs, and arms), nerves (reaction time), membranes (voice chords), organs (lungs and heart), or ligaments (in arms and legs) for some form of exertion. Ballet artists, for example, may spend more time on warm-up than on performance, with warm-up accounting for up to 25% of practice time (Williams, 2011). Warm-up is a notion utilized by singers, dramatists, and public speakers to prepare the larynx and vocal chords for performance (Chekhov, 2002).

Similarly, musicians prepare their fingers, lungs, and bodies for concerts. Warm-up is also used in theater as part of an actor's preparation for embarking on a certain character: getting 'into role'. Warm-up activities are frequently utilized in an acting ensemble to build a relationship between the members as well as a sense of liveliness or flexibility (Mohler, 2012). A warm-up act is frequently included in most live music and comedy presentations. Levine (2011), for example, outlines his professional position of performing audience warm-ups for live TV broadcasts.

Moreno Moreno's work demonstrates that he used the phrase "warm-up" in four separate contexts: Warm-up is a procedure applied to groups of people to develop a specific degree of energy or spontaneity that would allow them to interact cooperatively with the group leader and with one another. 2. The group warm-up state: Warming up as a heuristic for determining or gauging a group's preparation or amount of spontaneity. 3. The individual warm-up process: Warm-up as a procedure used to or by a person to prepare them, in some specific fashion, or in reaction to a context. 4. Warm-up as a heuristic for determining or quantifying an individual's complete state of functioning, or state of being, at a point in time, in a context (Howie, & Bagnall, 2015).

In this study, warm up and icebreakers were investigated. What is the meaning of warm up and icebreakers? What is the significance of warm-ups and icebreaker games? What are some sample for warm up and icebreakers?

Warm-ups and icebreaker activities should be done before a meeting, workshop, training, or coaching for three major reasons: Warm-ups, particularly icebreakers, before lengthier meetings or seminars assist individuals get in the correct mindset and enhance attention. Trust: It is important for a stronger relationship in your team if team members get to know each other before the meeting. This enhances team communication and trust. Productivity: Using virtual warm-ups fosters a more open and trustworthy workplace, resulting in more efficient, creative, and productive work outcomes (Howie, & Bagnall, 2015).

Warm-up and icebreaker games are what they sound like. So, they can be use interchangeable. But in general, warm up requires more time than icebreakers. Both can be called energizer (West, 1997).

Warm-up activities

A warm-up game is one that gets you ready for a meeting, workshop, training, or event. It is a brief practice or demonstration of the action. Effective and pleasurable remote cooperation is critical during a pandemic. Warm-ups are especially useful for virtual interactions where participants cannot physically connect with one another. They add a human touch to online encounters (Heinonen, 2009).

Icebreaker

Students can get to know one another during icebreakers, an introductory activity. They assist in establishing the mood for the lesson or activity unit. Students are given an assignment as part of an icebreaker to assist them learn how to share information with others and develop a good learning group (Heinonen, 2009).

Online meeting programs

Zoom is a communications platform that connects individuals via video, audio, phone, and chat. Zoom requires an internet connection and a compatible device. Most first-time users will wish to create an account and download the Zoom Client for Meetings. If you can't (or don't want to) utilize Zoom, the top Zoom alternatives can meet your video calling and conferencing demands. Many video chat users hunt for Zoom alternatives because of security and privacy concerns, but they may also desire capabilities that Zoom does not provide or simply want to try something new (Joseph, 2020).

During the epidemic, millions of individuals utilized Zoom, one of the top video chat applications and video conferencing software solutions, during the previous several years. Other video chatting providers, including as Google Meet, Microsoft Teams, and Skype, have added new features and capabilities on a regular basis to stay up with Zoom. Here are our top picks for the best Zoom alternatives for your video conferencing requirements. The most well-known and extensively utilized Zoom alternative is Google Meet. Meet was originally exclusively available to paying G-suite clients, but in 2021, the firm introduced a free tier. You can make video conversations with up to 250 people, provide presentations, and record meetings that you can save to Drive. You may also simply provide a meeting link to people outside of your organization (Ross, 2021).

Meet now offers additional Zoom-like capabilities, such as a grid view, changeable backdrops, and amusing filters. Meet is now integrated with Gmail, allowing you to initiate a video chat directly from the left column of your email browser window. Google intends to make further improvements in the future. Paid users of Microsoft Teams may host video meetings for up to 300 participants. Teams, unlike Microsoft-owned Skype, provides typical video conferencing functionality such as screen sharing and the ability to record meetings. Teams is offered in two distinct Office 365 versions that also include Office applications, 1 TB of OneDrive storage, and other features. Teams also has a free edition, which has less functionality than the premium version. But you're in luck: Microsoft has launched a six-month free trial of paying plants to satisfy the pandemic's high demand (Ross, 2021).

Skype is a well-known and frequently used video chat program, and its new Skype Meet Now function is available to compete with Zoom. Meetings may accommodate up to 50 participants, and users no longer require an account to sign in, only a link. For additional information, see our Skype vs. Zoom comparison. There is a text

chat window, however Skype lacks the meeting management capabilities included in the other Zoom equivalents. However, it is free and may be accessed via the web, Windows, Mac, iOS, and Android. Facebook isn't one to relinquish digital turf, so Messenger Rooms expands its video chat choices. The new tool allows Facebook users to establish public or private video chatrooms for up to 50 individuals that may last indefinitely. In comparison, free Zoom calls can accommodate up to 100 people for 40 minutes. In an unprecedented step, Facebook is letting users who do not have accounts to join a Messenger Room through a link (Joseph, 2020).

Participants may utilize Facebook's augmented reality filters, which function similarly to Snapchat filters. Other elements might help to lighten gloomy spaces and enhance your look. Room calls are not encrypted end-to-end, but Facebook has stated that it would not listen in on any calls. And room creators have the ability to dismiss participants at any moment. Look exploring Discord as a free Zoom alternative. The communication software is popular among gamers, but anybody searching for encrypted chat, texting, and video calls may use it. Users create a dedicated "server" that may be arranged into rooms (similar to Slack) to hold video and text-based talks (Joseph, 2020).

Discord has also increased the maximum for Go Live video calls from ten to fifty members. In addition, the program is compatible with most web browsers, as well as Mac, Windows, Linux, iOS, and Android (Spadafora, 2022).

You can host end-to-end encrypted video meetings and calls for up to 100 individuals using the open-source video conferencing service. Participants do not need to sign up for a login; they may attend the meetings using web browsers, desktop applications, or mobile apps via a link or a dial-in. Zoho has also produced an useful comparison chart (opens in new tab) between their software and Zoom. Zoho Meeting provides a variety of meeting options, such as screen sharing, call recording, and moderator (you can mute participants, for example). Because the service is linked with Zoho's Office suite, you can effortlessly import documents, spreadsheets, and presentations. However, keep in mind that webinars have a distinct pricing structure, which may make it prohibitively expensive (Spadafora, 2022).

GoToMeeting, one of the earliest video conferencing services available, is a feature-rich Zoom rival. The entry-level package supports 150 participants, while the corporate plan supports up to 3,000. GoToMeeting has all of the expected features, such as the ability to record meetings and share your screen. It is also possible to have many meeting facilitators. Furthermore, the service is available on web browsers, Mac, PC, Linux, iOS, and Android (Spadafora, 2022).

METHOD

In this study, qualitative research model was used to obtain reliable information. In this study, the document analysis method, one of the qualitative research methods, was used. In this study, document analysis was used as a stand-alone data collection method. In the humanities and social sciences, qualitative research is often employed in areas such as anthropology, sociology, education, health sciences, history, and so on (Bhandari, 2022).

Data sources

Within the scope of this study, books, articles and theses written between 1950-2023 on warm up activities were examined. In order to reach these documents, a literature search was made from sites such as Google Academic

and National Thesis Center. In this study, which was carried out by the method of document analysis, work was continued on 30 books, 100 articles, 50 theses and 30 booklets were examined.

Data analysis

In this study, descriptive analysis method was used in the analysis of the data obtained from the document review. In this method, data is interpreted according to previously determined themes. Themes are warm up, tele, online activities.

FINDINGS

Moreno (1956) says that warming opens the way to creativity and spontaneity. In the psychodrama scene in the form of a wedding cake that he designed, he would warm up the director, that is, himself, the protagonist, and the antagonist separately. Psychodrama is a medium par excellence for both identification and for differentiation. The first phase is termed the "warm-up" and consists of simple group procedures that enable the members to contact one another. They share their sense of being together as they become aware of their similarities and differences. Sub-grouping may be encouraged to highlight areas of similarities of interest, energy, or feeling. Differences between subgroups may then be compared with differences within sub-groups (Agazarian, 1993). We begin, therefore, with the action phase of the psychodrama and then examine the warm-up and the means of selection of the protagonist. The purpose of the warm-up is to prepare him for this juggling act. The warm-up, therefore, is indispensable as the initial technical requirement for a psychodramatic session. The warm-up is usually classified as specific and nonspecific. (Cukier, 2007).

The warm-up serves to produce an atmosphere of creative possibility. This first phase weaves a basket of safety from which the individual can begin to trust the director, the group, and the method of psychodrama. The warm-up can be used to absorb and undo a small range of the personality that may cause the individual distress, by including that aspect in a warming up process that has a wider range and involves larger areas of the body/mind (Karp et al., 2005).

The warm-up is what moves us toward action. Some warm-ups can lead toward positive, nourishing action, while other warm-ups might get us in trouble or cause us to go down a less-than helpful road. The warm-up describes the internal and external processes that both the protagonist and the group go through to ready themselves for actual roleplay. The protagonist's warm-up may have begun anywhere: in a previous group, on the way to therapy, in the hallway while encountering various group members or in the privacy of his own imagination. The warm-up allows the work to focus and flow smoothly. It can consist of a structured exercise, such as a locogram, spectrogram or social atom to name just a few, a guided imagery, a check-in, or a spontaneous occurrence in the group. (Dayton, 2005).

The warming up process of the subject to psychodramatic portrayal is stimulated by numerous techniques, only a few of which are mentioned here: self-presentation, soliloquy, projection, interpolation of resistance, reversal of roles, double ego, mirror, auxiliary world, realization, and psycho-chemical techniques (Moreno & Fox, 2008) In a way, each of the terms is self-defining; thus warm-up is about preparing, getting ready, toning up as individuals and as a group; enactment is the phase in which the protagonist, through action, tells a story, experiments, addresses an issue; and sharing is a coming together of the group in such a way as to give expression to common experiences and emotions (Wilkins, 1999).

Holmes (1991) identifies three 'significant functions' of the warm-up stage. These are: 1 To stimulate the creativity and spontaneity of group members. 2 To facilitate interactions within the group, increasing a sense of trust and belonging. 3 To help members focus on personal issues which they may wish to address through psychodrama. Blatner (1997: 47) distinguishes between undirected and directed warm-ups. Checking in is an example of the former, as is an encounter session and, in groups who know each other well, this opportunity to talk together, share feelings, laugh, joke, cry, complain and argue is often enough to warm a group up to action.

Moreno (1994), explaining the potency of a psychodrama warm-up in comparison to talk therapy" alone states, engagement in overt bodily activity vastly increases the protagonist's affective involvement in the subject matter. Properly warmed-up, we can focus our attention on the relationship with the other person, embodied in a living person in front of us, or in a professional problem we are dealing with. Warmed-up, we are aware of the situation, we can think and feel, reason, and comprehend, feel angry or cheerful, make choices and decisions, recognize the best course of action for ourselves and others (Djuric et al., 2006).

As a result of strict examination of all relevant resources, online warm-up activities are listed below.

Guess where I'm from

The goal of this game is to figure out where all of the participants are from. To get started, draw a map on the whiteboard. Everyone should now take a selfie or submit a photo of themselves.

Following that, participants must guess which nation, region, or city the visitors are from. As soon as you know where a person is from, draw a line to the destination on the whiteboard or transfer the individual's photo onto the map. The image below depicts how we utilized the "Guess where I came from" ice breaker activity in our most recent meeting with callboard.



Image | Gess where I come from

Find ten objects that have ten things in common

The icebreaker game is beneficial for larger firms and seminars when individuals are meeting for the first time. You may hold a virtual gathering to encourage people to get to know each other better. Separate the crowd into groups. Make sure that no close coworkers or friends are in the same group. Ask the groups to come up with 8-10 things they all share in common and draw drawings of them on the online whiteboard. You may discover that

several participants have visited Budapest, or that many of the group members enjoy the same foods or use the same digital tools.

Special abilities

Prepare an empty canvas with parts before beginning this icebreaker game. Each participant will fill in the blanks with the appropriate responses.

Now you start asking questions concerning exceptional abilities, such as:

"Do you have any unique abilities or superpowers?"

"What is the most important contribution you provide to the team?"

Participants upload images, movies, photographs, or sticky notes to the online whiteboard to demonstrate their unique abilities.

Images from the past

The game is quite popular all over the world, not just for team building or online activities, but also for weddings and other major events.

Preparation: Before the event, each participant must email the moderator an old photo from their life (from infancy to puberty). The moderator pastes all images onto the online whiteboard.

The moderator starts the clock at 2 minutes (possibly more depending on the participants). During this time, participants should add sticky notes to the online whiteboard and guess who is shown in each photo.

Following that, each participant will tell, one by one, who is on which photo and what wonderful recollections are related with it. You may also make it with photos of your business desk, desktop, pets, and other things.

Two truths and a lie

This is a basic global project that I enjoy doing on the first day of school. It's wonderful because it doesn't involve much preparation, it's simple, and it gets your students talking to one other. Instead of you simply explaining yourself, they have to engage in some dialogue and come up with answers for themselves, so your first session isn't just a lecture. Is this a hands-on lesson? As a result, the game is relatively simple. In a normal class situation, I merely give you three facts about myself, two of which will be true and one of which will be a lie. After I finished delivering the three things, I'd have the kids discuss it with one another and attempt to come up with one response that they could all agree on as to which one is a lie and why. Because this isn't a class, and I'm not going anywhere. I'd want you to submit your guesses in the comments area someplace below here. Steve will do the same when I finish. As I previously stated, this is a fairly simple game that you will like. Do your pupils enjoy it? It's also a terrific technique to make your first class participatory rather than just a lecture. So here are three facts about myself. Oh, number one. I am a Turkey who was born just outside of Afyon. Number two. My favorite cuisine is lasagna, and I am married with two children, ages two and four. Hulya is the name of my oldest son, and Inci is the name of my younger kid. So, which two of those were true and which one was a lie? Please put your predictions in the comments below, and I'll forward this one to Steven Japan, wherever he is.

Three desires

When working remotely, discussing aspirations and dreams is a wonderful way to improve communication. Participants in this virtual game are invited to choose three desires and debate them as a group. The electronic whiteboard collaboard is an excellent choice for this. You can ask folks to share a photo or video of their desires or dreams.

The Funeral

During this exercise, you inform the team that they are attending each other's funerals today. Tell them that everyone will prepare a pleasant speech for everyone else's funeral. Allow them 10 minutes to prepare their speech. Now you indicate to a person who will sit in a chair in front of the gathering, and each individual gives his speech one by one, as if he is at the funeral of the person sitting in the chair. In this situation, someone says: We're all here for John's funeral. John was a wonderful person. He was always willing to help people. I recall when I was brand new to this work and didn't know anyone. John was really helpful and made me feel at ease. We shall all miss him terribly. Continue until everyone has finished reading their remarks on John. Now the next person will sit in the chair, and everyone will read their statement on this individual in the same manner. Continue until everyone has sat in the chair at least once. Give everyone 10 minutes to create a speech for themselves to say at their own funeral. In this scenario, someone says: Sarah, you've worked so hard your whole life. You were always there for others, which caused you to lose sight of yourself in recent years. I'm so glad you traveled throughout the world when you were young. Even if you had doubts about yourself, you were a very dependable and affectionate mother for your children. The following individual will do the same thing. Continue until everyone has delivered a speech at their own funeral.

Never have I ever

Everyone on the squad is at home throughout the workout. They're all linked together using video call software such as Zoom or Skype. Everyone on the team will come up with a topic on which he wants to learn more about the other team members. Consider traveling. Now, everyone comes up with five lines related to a topic, beginning with the words, never have I ever, and if the statement does not apply to someone, that person will now place a finger down. For example, I have never visited Europe. In this situation, those who did travel to Europe raised a finger. I've never gone to a nation where everyone speaks a different language. I've never traveled to a nation where the temperature exceeds 100 degrees Fahrenheit. I've never flown in an airplane. I've never visited a Southeast Asian nation. The person with the most fingers down will now be the one to ask five topic-related questions. The game will proceed in the same manner. Continue until everyone has asked these questions.

What's missing

This team exercise will be conducted digitally. Everyone on the squad is at home throughout the workout. Before this exercise, you inform the team that each individual will decorate the background behind him in such a manner that there are many things visible to view on the screen. Now the game begins, and you instruct everyone to recall as many details as possible of all the background they see on the screen. Inform them that they are not permitted to take screenshots of all stops sharing their devices after 2 minutes, and now each individual changes 5 items on his backdrop. When someone has finished altering the stuff in his backdrop, he switches on his camera again; once everyone has switched on their cameras, they will all try to view what is in the other person's

background. What has changed, after 5 minutes, you select a person, and everyone types in the chat box what they believe he has altered in his background. You go over all of the recommendations and award the most accurate one a point. This is the individual to whom the others will now put in the chat box what they believe he modified in his background. Continue until everyone has entered what they believe he modified in his background. The player with the most points wins the game.

he emotic on the game

During the exercise, everyone in the team is at home and is connected to one another via video conference software such as Zoom or Skype. Everyone provides the trainer a personalized message with 5 emotional firearms that he believes reflect him. It might be anything; perhaps someone picks a laughing face, which he adores, or a book, which he enjoys reading. After everyone has sent their emoticons, the trainer types 5 emotticons of a first random individual in a group chat without revealing the rest of the group who these emoticons belong to. The trainer calls out a random person's name who will tell who he believes these emoticons belong to and why, for example, someone says, I believe these emoticons belong to Jack. He's such a hard worker, thus I believe he picked the hard icon to represent him. The airplane represents his love of travel. He has a great sense of humor, which is why I believe he picked a laughing face. I believe he selected the fire symbol to represent his enthusiasm, and the cat to represent his love of animals. Now the person who truly owns the emoticons exposes himself; in this case, it wasn't Jack, but Paul. Paul now explains why he picked these emoticons, I chose the hard because I love you all a lot the aircraft because I like to travel the laughing face because I frequently get the laughs at inappropriate situations. I selected the fire sign because I enjoy sitting by my fireplace at home, and the cat symbol since I am frightened of cats. Now the trainer places the emotticons of the next random person in the chat box, and Paul will cast them to the appropriate individual. Continue in this manner until everyone has determined to whom the emoticons belong (Otten, 2020).

The wishing well

The participants will stand in a circle during the workout. To begin the practice, tell them they are standing in front of a wishing well. Because there is no actual wishing well, you instruct the team to assume they are standing around one. You inform the group that you will point to a person who will speak into the wishing well about what he desires to change about the team. Every individual who agrees with the improvement will echo the message. Allow each member a minute to consider what he wants to improve about the team. You now point to a random participant who will lower his head before the wishing well and loudly say what he wishes to improve about the squad.

Everyone who agrees with the improvement repeats his request once he has expressed it. It will sound like an echo returning from the wishing well in this manner. Inform them that the individual who made the request does not repeat his own wish. If several individuals share the same request and agree with the improvement they just heard, the wishing well will emit a loud echo. If fewer individuals share the same want, the echo will be quieter since fewer people in the circle will repeat the wish. It's possible that no one in the circle will agree. In this situation, there will be no echo from the wishing well.

Following the first person's wish into the well, the person standing on his left side makes a wish for team progress. Similarly, he announces his wish into the well.

Again, each individual who agrees with the request repeats it aloud, resulting in an echo from the well. The wish with the loudest echo wins and will be utilized to play the following round. In the second round, you ask the group to come up with ways to fulfill the winning request from the previous round. Allow the group a minute to brainstorm a solution to the problem. You now direct your attention to the first individual who announces his notion into the wishing well. Everyone who thinks it's a nice idea, just like in the previous round, repeats it like an echo returning from the wishing well. If a large number of people agree that it is a good idea, a loud echo will be heard from the well. If only a few individuals agree, a quieter echo will emerge from the well. After the first person has proclaimed his proposal into the well, the person standing on his left side will do the same. Again, those who believe it is a good idea will reiterate the notion. Continue until everyone has thrown their coins into the wishing well. The concept with the loudest echo wins and may be implemented to make the desire with the loudest echo come true (Otten, 2020: 373).

Virtual team building

Building a Virtual Team Everyone on the squad is at home throughout the workout. They are all linked together using video call software such as Zoom or Skype. Check if they are logged in on a laptop, smartphone, or tablet that they can move around with. During the activity, each individual will stroll about their house like a tour guide, presenting the items they wish the others to see. The one who believes it is about to begin. In this scenario, he says: Okay, this is where I reside. This is my living space. This is my personal fave. It's a sald lamp. I acquired it ten years ago at a market in Cankiri Turkey and I adore how the light creates a painting on the ceiling. This is a refile-shaped walking stick that I purchased in Kastamonu Devrek around three years ago. Others are welcome to make comments and ask questions about what is being displayed or new things they observe. For example, someone may inquire about the small Buddha statue over there. This is a soldier, not a man, that I purchased in Canakkale, I believe four years ago in Abide. I also like how realistic it appears. What does he keep in his study room? That's a Luletesi pipe, and I adore how it absorbs light when placed next to a lamp. Display your penthouse to us! Okay, here is my penthouse. This is the view from outside, and the photos are all mine from across the world. This is the city of Afyon. This is Eskisehir, not the Sinop. Polish, Italian, and Spain are all represented. After about five minutes, a new volunteer will give him a tour of his residence. Continue until everyone has given a tour for around five minutes and everyone has had a chance to see each other's homes.

Herman Otten introduces one hundred and one activities in his 101 team exercises to improve communication and Cooperation pressed at 2020. He also developed You Tube channel (Otten, 2016) and introduces his activities visual. With his e mail he offers that those activities can turn into online activities (2022).

Figure 1 Tele Warm Up Activities

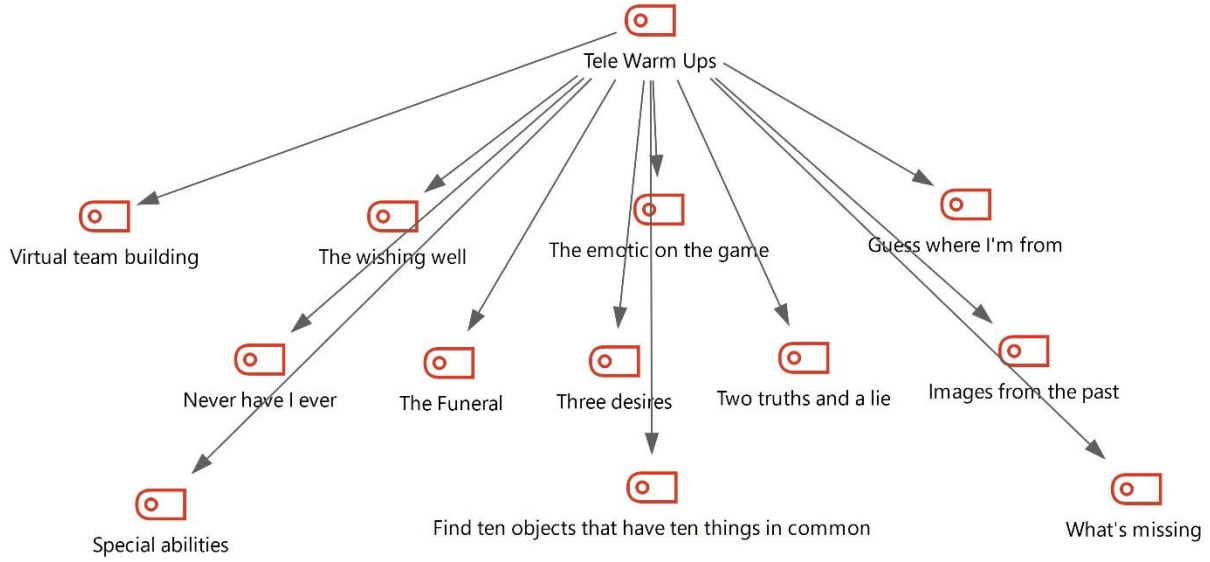
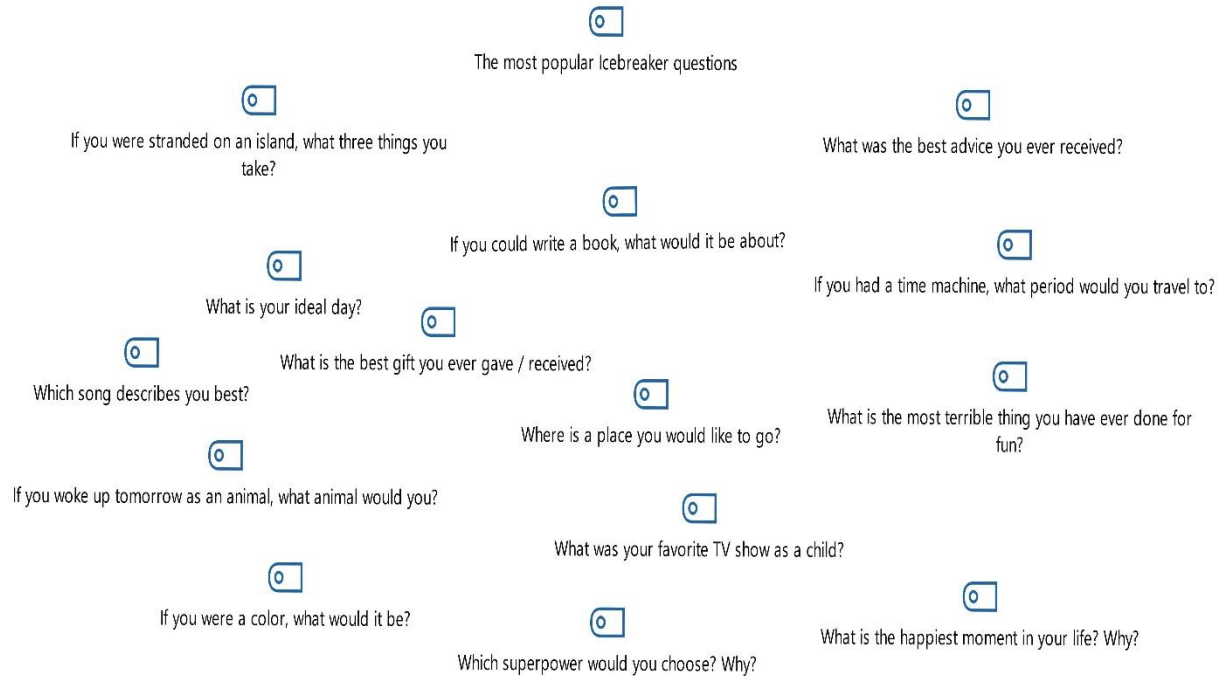


Figure 1 illustrates twelve warm up activities that can be applicable in online settings.

Figure 2 Icebreaking Questions



Fourteen the most popular icebreaker questions demonstrating in Figure 2.

CONCLUSION

Warming up is seen in sports, arts, and all stages of education (Jeffreys, 2019; Levine, 2011; Lowenstein, 2010; Reeve, 2011; Otten, 2020). Warm-up is an indispensable stage of performance-based activities. Moreno (1956), the founder of psychodrama, suggested warming the manager, protagonist and antagonist. According to him, warming up increases creativity and spontaneity. In general, warming leads to cognitive, affective and behavioral preparation in the participant, facilitating the mutual aid process by creating group awareness (Blatner, 1997; Karp et al., 2005; Dayton, 2005; Djuric et al., 2006)

Basically, warm-up work takes place in all stage activities. Since the warm-up exercises in drama are also used in other performing arts. The warm-up exercises that will be explained here will also be used in other activities, so only drama warm-up exercises will be included.

The warm-up is the most basic stage of the drama. In all sources, warming up took the first place in drama sessions (Uşaklı, 2014). Warming up, drama participant both psychologically to become ready to participate in drama activities in terms of physiological, cognitive, emotional, and psychomotor skills. Warming up is related to the level of readiness of the participant. A participant who is not sufficiently warmed up will be reluctant to drama, will resist and will not be able to comprehend the activities. Warming up is to warm up the muscles and vocal cords and increase motivation. The warm-up work, which starts with slow steps in the room, can be completed with the camel and dwarf game, which people of all ages like to participate in and can do as much as they can.

The most comprehensive study on warming Psychodramatist Deniz Altınay's book "Psychodrama and Warm Up Games". The researcher continues his work, which he started with 300 warm-up games, with 600 warm-up games (Altınay, 2003). This study, which was prepared mainly for psychodrama sessions, was grouped into mechanically unifying and dissecting participants.

School and Warm-up: All the activities that take place between a student's waking up in the morning to go to school and teaching the lesson are the warm-up exercises that provide motivation. There is a big difference in warming up between the mother's saying, "Come on, baby, wake up, it's morning" with a smile, and "Wake up, you'll be late for school now" in a loud voice. The presence of symbols in the child's room with good memories about the school and class (such as a photo from outside the school or inside the classroom, the text "I love my school, I love my friends, I study my studies") can be stimuli that initiate the warming. Looking at the school bag prepared in the evening is again an attempt to warm up. In the past, children's walking to school, nowadays, mostly by parents' private vehicles or by bus, is a situation that prevents physical warming. At the very least, it would be beneficial for the parents or the busses to leave the children at a distance of at least 500 meters instead of dropping them off too close to the school, in terms of physical warming (Uşaklı, 2014).

Basic Warm-up Activities: Physical warm-ups are the beginning of all warm-ups. Starting to walk quietly in the drama room and increasing the tempo after walking for a minute or two can be easily applied before the transitional stages in all kinds of drama works. Warm-up exercises done in order from head to toes in physical education and sports classes are very effective exercises. "You have the hand" or "I have the hand", "I sell oil" games are games that can be played easily in the school environment and provide physical warming and attention.

Sound warm-ups are a must-have in all sound-related performing arts. The warm-ups before speaking and singing are given in detail in the section on diction. In these studies, the main activities are the vocalization exercises in which the lips and diaphragm are active, such as the pronunciation of the tamrins “na ha ha”, “hm hm hm hmmm”.

The warm-up is for attention. Warm-ups in drama studies should be related to themes. The warm-ups to be made in the social studies course in secondary schools in the treatment of human rights with drama should primarily be based on physical strength.

We walk silently through the space (room, classroom). Two minutes later we picked up our pace a little. A minute later we got a little faster. After another minute of walking, we returned our pace to normal. We keep walking, looking into our eyes. (Let's be quiet, let's not talk and laugh with each other.) We greet with a slight nod. Let's try to make eye contact. We say hello, this time by walking for another minute, again making eye contact and bowing our heads slightly. We stop after we say hello to everyone.

Is warming up, especially noun exercises, unnecessary in drama classes? Is it time anxiety when a child in the third and fourth grade of primary school meets by doing name exercises? Do the children already know each other's names?

Well, think of an instruction given in the first lesson, or the term that will be used in this book in general (English session) by saying, "Come on, you are recreating a family atmosphere, father and mother are sitting at the dinner table talking while waiting for their children to arrive...". How many participants will immediately comply with this directive? Theater and drama studies are not like an ordinary classroom environment. Participants are in a constant perception of the scene. Even if the participants have known each other for years, shyness, reluctance and not doing are possible situations. That's why warming up is necessary. Also see the feel-good book about the importance of names.

Warming up provides attention, increases motivation, creates a transitional environment. Transition media are warm-up exercises between themes in drama sessions. The most basic warm-up at the beginning of each session or between each theme is to walk quietly in the classroom, room environment!

In 2023, there was a big earthquake in Turkey on February 6th. Distance education is carried out due to the deaths, injuries of thousands of people and the destruction of all buildings, especially since dormitories in universities are given to earthquake victims. There is always a need for distance education, as in the Covid19 pandemic. Education is provided by motivation. One of the ways to increase motivation in students is warm-up games. In this study, online warm-up games were evaluated. Experimental studies on the efficiency of online warm-up games are needed in future studies.

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