



Warm-up Guide

A Ship Sailed from China

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Context

A Ship Sailed from China is a simple song that's great for warming up your voices and provides lots of possibilities for warming up your bodies too. Why not have your group come up with different items that the ships bring back from China. You can then create movements for them and use them in the warm-up by replacing the word 'fan' for your new item. The idea being that each time you sing the song, you add in another action. You could end up waving your arm, tapping your foot and nodding your head all at the same time. How many body parts can your group get moving at the same time?!

This is also a great sensory warm-up that allows you to bring in physical items for members of your group to experience.

In our warm-up we've chosen to use a fan, a hat, a teddy and a pair of shoes.

In our accessible warm-up guides we use picture prompts alongside the words to the warm-up to help the group as they learn the song.

You can watch a full version of this warm-up being performed by one of our leaders [here](#).



My ship sailed from China with a cargo of tea



My ship sailed from China with a cargo of tea



My ship sailed from China with a cargo of tea



My ship sailed from China with a cargo of tea