

Children's Choir WARM UP routine

gotta keep those voices in shape!

Do these categories in the sequence below. You don't have to do ALL the exercises in each category, but it's important to keep this sequence starting from stretching to flexibility last. Think of yourself as a vocal athlete. Same concept as an athletic workout, this is a work out for your vocal muscles and mechanisms. :)

1) RELAXATION: STRETCH IT OUT

- neck and shoulders stretches and rolls
- torso, especially ribs!

2) BODY ALIGNMENT: aka "posture"

- roll shoulders back and drop them down- arms dangle at sides
- head on straight, but no tension: like a bobble head!
- Feet slightly apart/ under hips- ankles, knees hips in alignment. Knees are "soft"
- Weight evenly distributed on both legs.

3) BREATH-VOICE CONNECTION: MOVE THE AIR

- deep breathing: 4 slow counts in, 4 slow counts out on "tsssss". Go slow. Breathe through your nose on the in. Shoulders stay down, let ribs expand
- Slow breath in, ch ch ch ch staccato breath exhale

4) BREATH-VOICE CONNECTION: STARTING TO MAKE SOUND

- lip trills, buzzing, siren sounds, humming d r m f s f m r d
- "Ribbons": melody: d r d t d r d t d r d t d— use vowels ee, eh, ah, oh, oo
- "Hiccups": melody: d m r f m s f r d—: vee vay vah voh voo

5) RESONANCE: where the beauty and sparkle of the tone is!

**remember: "eyebrows up!" or "flare your nostrils!" to get your soft palate lifted

- "puppy whine"
- "Darts and frisbees": s s s s s f m r d— ee, eh, ah, oh, ooooooo **aim to have all vowels same resonance and colour. You can add a consonant to make Vee Veh.. or Nee Neh or Bee Beh etc.
- "WeeOh": s m f r m d r t d— Wee-oh wee-oh wee-oh wee-oh wee.....

6) RANGE: how low / high can ya go?!

- sirens
- "Down to the basement": melody: s f m r d— bee bee bee bee bee/ bay bay bay bay bay
- "Umbrellas": melody: s d1 s— s d1 s— d d1 d "noh"
- "melodic triad slides": d m s d1 s m d on Vee, Veh, Vah... as you go higher, choose a more open vowel (more "ah space")
- "Doo bee do scales": d-r m f s l t d- d- d- d- d- t l s f m r d—

7) AGILITY & FLEXIBILITY

- "I Love to Sing" s d1 s m d—
- "The Flexibility Song"