

## Vocal Warm Ups

- Standing
  - Inhale, raise arms wide, slowly to the sides and above head
  - Exhale, lower arms, wide, slowly to the sides
  - Repeat breathing in and out
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- Stretch up tall - reaching up
  - Lower arms but keep posture
  - Inhale through nose to a slow count of 4, filling diaphragm and allowing it to expand
  - Exhale through puckered mouth to a slow count of 4, emptying diaphragm completely
  - repeat these a few times until the breathing becomes natural and even
  - Exhale little blows from your diaphragm
  - Feel the diaphragm go in and out as you blow
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- Roll shoulders back 4x and forward 4x
  - Take 2 fingers from each hand and gently massage your temples, your jaw, your neck and shoulders
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- Ask a student to choose a consonant
  - Add the long vowels to that consonant e.g. M ma, me, mi, mo, mu
  - Continue with a few other suggestions
  - Emphasis the pronunciation and articulation of the letter sounds
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- Fishing - choose a vowel sound - e.g. long u (ooooh)
  - Mime casting a fishing rod and saying the sound for as long as it takes for the line to plop in the water
  - Exaggerate this sound starting high and loud and getting softer and lower as it travels in its arc through the sky
  - Exaggerate the duration of the cast so it is very long
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- Tongue twisters are a great way to get students to articulate
  - Try: 'the tip o' the toungue, the teeth the lips' to start
  - Many tongue twisters can be found in books and on line
  - Have the students create them - start a class set on file cards
  - Vary the delivery - fast slow, change emphasis on syllables and words
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- Conduct a vowel sound - raise arm for high and lower for low - hold arms out wide for loud and bring them in for soft