

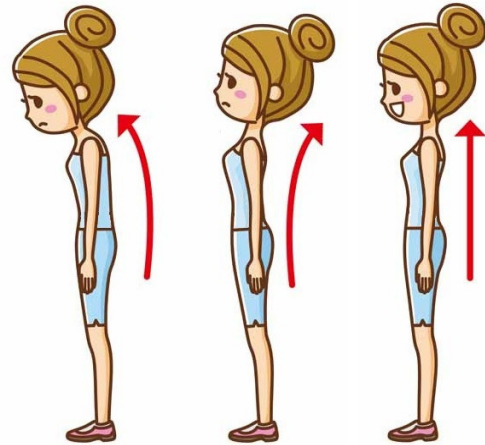
6 CHORAL WARM-UPS TO GET YOU STARTED

for kids!

- Move up or down the register
- Encourage listening to each other
- Mix up which exercises to use and how many

1. POSTURE

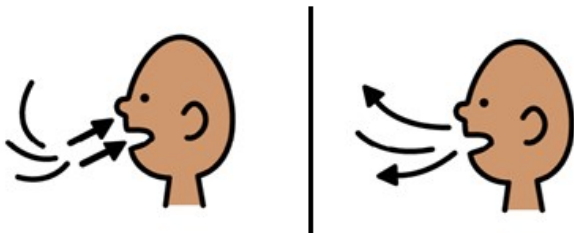
- Do some stretches (Reach up high, bend and touch toes, roll shoulders forwards and then backwards, shake it out, etc.)
- Then stand tall!



2. A GOOD BREATH

- Pretend to sip a milkshake through a straw and let it fill your tummy. Then release the air
- Pretend to blow out candles on a birthday cake. Is your stomach moving?

Is your stomach moving?



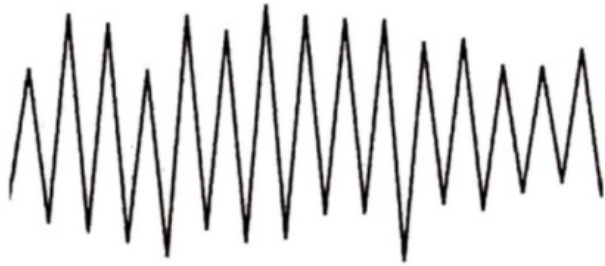
3. DICTION

- Speak the tongue twisters given.
- Try and speak it faster each time while still pronouncing the words clearly.

A proper cup of coffee from a
proper copper coffee pot.

Five frantic frogs fled from
fifty fierce fishes.

If two witches would watch two watches,
which witch would watch which watch?

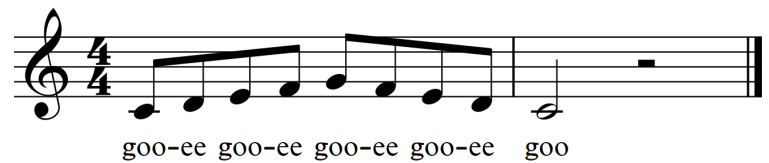


4. SIRENS

- Imitate the sound a siren makes, moving your voice through both the high notes and low notes.
- Try imitating other sounds such as: an owl, a cackling witch, a cuckoo bird or a hissing snake. Be creative!

5. STEPS

- Try the same exercise using different words: "My mom made me mash my M&M's" or "1-2-3-4-5-4-3-2-1."



6. SKIPS

- Think "up and over" the top note.
- Try this exercise using other words: "ping-ping-ping-ping-pah" or ming-ming-ming-ming-moh."

For more vocal warm-ups, watch for our our new vocal program being released in Spring 2019.

