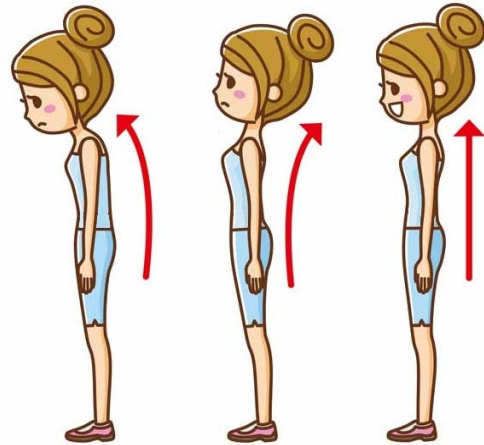


# 6 CHORAL WARM-UPS TO GET YOU STARTED

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

## 1. POSTURE

- Do some stretching. Reach up high, bend and touch toes, roll shoulders forwards and then backwards, etc.
- Then stand tall!



## 2. A GOOD BREATH

- With hands on your head, take in a deep breath and release it.
- With hands on your hips, take in a deep breath and release it.

Are your shoulders flat? Do you feel your ribs expanding?

## 3. DICTION

- Chant the following example.
- Increase the tempo as you speak the exercise.



## 4. STEPWISE MOTION

- Sing the exercise as smooth as possible.
- Try the same exercise using different words (ie., My mom made me mash my M&M's or Ya-ba-da-ba-da-ba-da-ba-doo).



## 5. TRIAD

- Open your mouth from top to bottom, or "north to south," as you sing.
- Try the same exercise using different words (ie., ooh or ming-ming-ming-ming-moh).



## 6. ARPEGGIO

- Think "up and over" the top note.
- Try the same exercise using different syllables (ie., ooh or ah).



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

