

## Vocal Warm-ups

To relax your face and jaw:

Massage your forehead.

Lift your eyebrows, and then release, several times.

Massage your cheeks and do some chewing.

To relax your neck and shoulders:

Roll your head down and to the right to look at your right shoulder, then roll down and to the left to look at your left shoulder.

Roll the shoulders slowly in a circle backward, several times.

Go up and down on your tiptoes, bending your knees as you come down.

Put hands on abdomen, inhale, and feel the expansion.

Put hands on lower back, inhale, and feel the expansion.

### TRACK 1

#### Diaphragm Activity

f f f f f f f f f ss ss ss ss ss ss ss ss ss

t t t t t p p p p tsh

tsh k k p p p p p t t t t k k k k k

### TRACK 2

On the 'ng' of "sing", slide up and down a fifth.

ng

### TRACK 3

Z stretches the tongue.

Close right away to the 'ng.' No need to make a huge sound.

Zing Zing Zing Zing Zing Zing Zing Zing

# Vocal Warm-ups

## TRACK 4

Zing ning-a-ning-zing Zing ning-a-ning-zing Zing ning-a-ning-zing Zing

<sup>3</sup>  
Zing ning-a-ning-zing Zing ning-a-ning-zing Zing ning-a-ning-zing Zing

## TRACK 5

In the middle of the range, perhaps from E to B

Ning Ning Ning Ning ee eh ah

## TRACK 6

Be careful not to put an 'n' before 'Dah.'

Toh nee toh nee toh nee toh nee \_\_\_\_\_  
 No ah no ah no ah no ah \_\_\_\_\_  
 Dah dee dah dee dah dee dah dee \_\_\_\_\_  
 Blue bee blue bee blue bee blue bee \_\_\_\_\_  
 You you you you you you you you \_\_\_\_\_

## TRACK 7

Descending scale

The tip <sup>3</sup>of the tongue <sup>3</sup>the teeth <sup>3</sup>and the lips, <sup>3</sup>the

<sup>2</sup>  
tip <sup>3</sup>of the tongue, <sup>3</sup>the teeth <sup>3</sup>and the lips, <sup>3</sup>the

<sup>3</sup>  
tip of the tongue the teeth and the lips, the etc.

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### TRACK 8

Remember round lips for the 'oo' vowel.

When singing an 'ah' vowel, be careful not to drop jaw so much that it pulls the tongue back.

n  
n  
n  
oo  
you    you    you    you    you    you    you

### TRACK 9

With the tongue just behind lower teeth:

Yeh yeh yeh yeh yeh yeh yeh yeh yeh yeh yeh yeh yeh yeh yeh  
Yah yah yah yah yah yah yah yah yah yah yah yah yah yah yah yah

2  
yeh yeh yeh yeh yeh yeh yeh yeh yeh  
yah yah yah yah yah yah yah yah yah yah

### TRACK 10

Make sure there is no scooping of pitch.

To            crown        him            the            king  
To            praise      thee          O            Lord  
See          far            see          far            see