### 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.

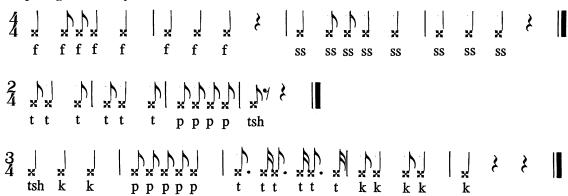
Go up and down on your tiptoes, bending your knees as you come down.

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

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

### TRACK 1

Diaphragm Activity



# TRACK 2

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



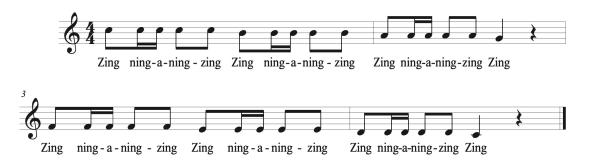
#### TRACK 3

Z stretches the tongue.

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

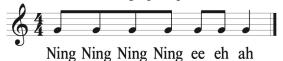


# TRACK 4



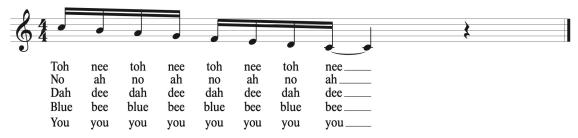
### **TRACK 5**

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

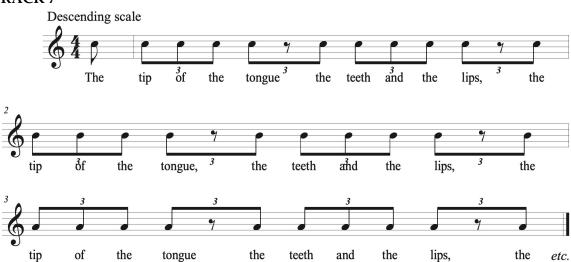


### TRACK 6

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



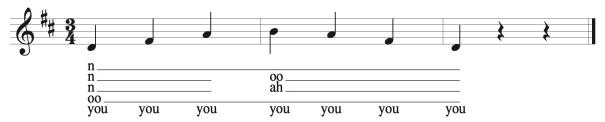
### **TRACK 7**



# TRACK 8

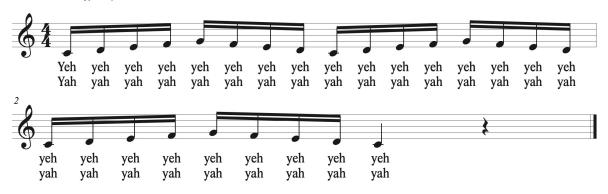
Remember round lips for the 'oo' vowel.

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



### **TRACK 9**

With the tongue just behind lower teeth:



### TRACK 10

Make sure there is no scooping of pitch.

