



Voice Warm-Ups			
Exercise	Purpose	Activity	Scales
<u>Lip Trills</u>	This exercise is great for engaging the breath and building endurance before singing.	With lips slackened, blow air through your lips. Once you have steady vibration, phonate a pitch.	<b>5-Note Scale.</b> <b>1, 2, 3, 4, 5,</b> <b>5, 4, 3, 2, 1</b> Modulate key signatures at the start of each trill to increase range.
<u>Tongue Raises</u>	Tongue strengthening which improves diction and agility.	With the tip of the tongue placed behind the bottom front teeth, lift the tongue and relax the tongue while alternating between "AH" and "EE".	<b>5-Note Scale</b> <b>1, 2, 1, 2, 1,</b> <b>2, 1, 2, 1</b> Modulate keys
<u>Hum Exercise</u>	Use this exercise to gently warm up the vocal cords.	With your lips gently pressed, hum while phonating the 'h' for each pitch. Then also hum phonating 'mm'.	<b>Solfège Scale</b> <b>1, 2, 3, 4, 5, 6,</b> <b>7, 8</b> <b>7, 6, 5, 4, 3, 2,</b> <b>1</b>

<u>Sirens</u>	Best used for warming up your range without straining your vocal cords.	Imitate the sound of a fire engine. Begin at your lowest register and gradually transition to your highest register.	<b>No Scale</b>
<u>"NAY"</u>	Use this exercise as a way to close your vocal cords in your head voice.	Sing a nasally "nay" almost as if you are whining.	<b>5-Note Scale</b> <b>1, 2, 3, 4, 5,</b> <b>4, 3, 2, 1</b> Modulate keys
Vowel Exercise	Singing vowel shapes help to develop tone and practice good technique.	Sing the primary vowels on the scale: Mouth Shapes  <b>AH</b> - Oval <b>EH</b> - Slight Smile <b>EE</b> - Bright Smile <b>OH</b> - Round "O" <b>OO</b> - Pucker	<b>5 - Note Scale</b>  <b>1, 5, 1</b>  Modulate keys
Tongue Trills	Tongue trills are a great exercise to build stamina and endurance.	Place the tip of the tongue in the roof of your mouth and inhale. When you exhale, roll your tongue like you are pronouncing "R". Your tongue should be vibrating. Once you get the hang of this, try to incorporate a siren sound gliding from low register to your highest register.	<b>No Scale</b>
Closed Hum	Good for opening the vocal track which helps to produce a clear tone.	Create an oval shape with your mouth, keeping a wide spread. Relax the tongue in the bed of the mouth. Cover your mouth with the palm of your hand and sing "AH" up and down the selected scale.	<b>5 - Note Scale</b>  <b>5, 4, 3, 2, 1</b>

