

5 Minute Vocal Warm-Up for Teachers

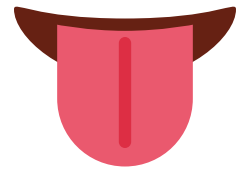
from MeredithColby.com

Remember **P**osture (lift from your sternum) and **P**itch (the more varied, the healthier).

Bike Tire Short bursts of sound on a "ch" sound. Do single bursts until you feel your belly moving in connection with the sound you're making. Then do 3 groups of 5: four short bursts followed by one long one. Repeat with voice (adding voice will make it a "zch" sound.)



Stretch Your Tongue Tuck the tip of your tongue behind your lower teeth. Keeping the tip of the tongue behind the lower teeth, push your tongue forward, feeling the stretch. Relax. Repeat twice (total 3 times). Do this three more times with the addition of voice: low, medium, high.



Bumblebee Make a sustained "Z" sound. Don't overthink this! the idea is to move this sound around on higher and lower pitches. A scale, a song, a siren, a pretend bee visiting pretend flowers, or the sound of the wind in the trees. Do this 3 (or more) times. A breath, your pattern (siren, wind, bee, whatever), wait a beat. Repeat.



Siren Keeping your tongue touching (just touching, not pushing) the back of your lower teeth. On an "Ee" sound, copy the sound of a siren coming and going: low to high to low. Do this 3 (or more) times.



Boat (or Motorboat) For this exercise, focus on your breathing, not your lips. Focus your gaze on something far away from you, take an easy breath, and shoot the sound of the motorboat to the thing you're looking at. Make the sound short and energized. If it's not working, think "louder" or place your index fingertips at the corners of your mouth. Do 3 sets of 3 on different pitches, low to high.

