




Vocal Exercises and Warm-Ups

By doing the following exercises often, students will become comfortable with using their singing voices and performing with crisp, clear diction. Feel free to mix and match the following warm-ups or create your own to add variety. Watch  Recorder and Singing Basics for more information.

Yawning

- Model the vocal contour of a yawn and a sigh (going from a high to a low pitch).
- Model a swooping contour with your hands and arms.
- Have students mimic you so that they can begin to feel and understand the difference between high and low sounds by using their bodies and voices.

Sirens

- Have students imitate a police siren by singing ooo on a high pitch, slide down to a low pitch, and then slide back up to a high pitch.
 - *Feel the vibrations in your face and in your nose as you do this.*
 - *When we sing and feel vibrations in our head, we are using our head voice.*
 - *What arm movements can we add to show the shape our voices are making?*

Yoo-Hoo

- Have students answer the musical calls of “yoo-hoo” on high and low pitches.
- Allow students to take turns as the leader, creating their own “yoo-hoo” call-and-response patterns.

Mouth Percussion

- Brainstorm a list of hard consonant sounds (*t, p, k, ch*, and so on). Perform some call and response by creating a short rhythm using one of the hard consonant sounds. Invite students to lead the call-and-response patterns while all speaking with crisp, clear consonants and good diction.

Hissing

- Ask students to hiss on an “sss” sound with an even flow of air while you count for four, eight, and 16 beats. See who can last the longest.

Lip Trills

- Ask students to buzz their lips like a motor on a descending five-note scale. Practice different phrases this way to increase breath control.

Vowel Sounds

- Ask students to sing elongated, pure vowel sounds on a descending five-note scale. Begin with the phrase “mee, meh, mah, moh, moo.” Practice this activity until the students can sing a smooth, legato descending scale with no consonants (“ee, eh, ah, oh, oo”), always encouraging students to sing with a relaxed jaw.