

**Short Vocal Warm up**

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1. Check in. Where are you holding excess tension or compressing your self? Don't judge it, just notice it.
2. Move large muscle groups – dance/play tag/jog in place -to get your heart pumping, body free, and breath connecting
3. Root the breath – Lie on your back and feel your ribcage and torso expanding against the floor as you breathe. Release your abdominal muscles, focus on keeping the teeth from touching, keep the jaw, forehead, tongue relaxed. Inhale soundlessly and exhale on ssssss for an inner count of 12. Repeat.
4. Continue with #3, but release the breath on a hum, thinking “ah” inside your mouth. Then part the lips, let the jaw release down and back and that then open onto an “ah”
5. Get on all fours – continue breathing while you keep the head aligned on top of the spine (don't let it fall forward), keep the jaw and tongue free.
6. Touch a sound and release it on a fully vocalized “huh” quick, silent inhalation then “huh huh” quick inhalation then huh hummmmmmm ma ma maaaaaaa. Warm up your pitch range by gliding up and down your range.
7. Start on a high pitch and slide down on “Heeeeeeeee,” inhale, then “Whoooooooooooooo”
8. Blow through your lips (teeth not touching), start high and descend pitch
9. “Mmmmmwwweeee-mwaaaaay-mwaaaaaa-mwooooooh – mwoooooooo” on various pitches
10. Slowly come to standing, keeping your *neck free, head going forward and up, and back lengthening and widening*
11. Massage the nasal mask while producing a nasal “mmmmeeeeeee-mmmmmeeeeeee-mmeeeee mmaaaaay-mmaaaaaay-mmaaaaay-mmai-mai-mai? Gradually ease out of the nasal sound to a more equally resonant voice, on various pitches.

12. Horizontal yawn into a heartfelt, vocalized sigh of relief. Think of activating the soft palate, keep neck and shoulders free.

As time allows, choose from the following exercises for diction and connected speech:

Bee-bee-bay-bay-bay-bai-bai-bai  
 Tee-tee-tee-tay-tay-tay-tai-tai-tai  
 Lee-lee-lee-lay-lay-lay-lai-lai-lai  
 Vee-vee-vee-vay-vay-vay-vai-vai-vai  
 Etc....substituting any other consonants.

Puh-tuh-kuh-tuh....  
 Buh-duh-guh-duh...

red leather    yellow leather  
 red leather    yellow leather  
 red leather    yellow leather  
 yellow leather        red

Gabby gardeners gather together and gossip in garrulous groups.

\*Will you wait, will you wait, will you wait?  
 Will you wait for Willie and Winnie?  
 Will you wait for Willie and Winnie Williams?

\*(on an ascending five note scale) Billy Button Bought a Bunch of Beau (on a descending 5 note scale) -tiful bananas

(\*From Kristin Linklater's *Freeing the Natural Voice*)

Amidst the mists and fiercest frosts,  
 With barest wrists and stoutest boasts,  
 He thrusts his fists against the posts  
 And still insists he sees the ghosts

A tutor who tooted the flute  
 Tried to tutor two tooters to toot;  
 Said the two to the tutor,  
 "Is it easier to toot or  
 To tutor two tooters to toot?"

For healthy warmth in all the weathers  
 Some birds build nests with snug warm feathers;  
 Feathers thick and feathers thin,

With thick without, and thin within.

Thirty thousand thoughtful boys  
Thought they'd make a thundering noise;  
So, with thirty thousand thumbs,  
They thumped on thirty thousand drums.

A fly and a flea in a flue  
Were imprisoned, so what could they do?  
Said the fly, "Let us flee!"  
"Let us fly!" said the flea,  
So they flew through a flaw in the flue.

To sit in solemn silence in a dull, dark dock,  
In a pestilential prison, with a life-long lock,  
Awaiting the sensation of a short, sharp shock,  
From a cheap and chippy chopper on a big, black block.

*W.S. Gilbert, The Mikado*

For linking and connected speech:

A man of words and not of deeds,  
Is like a garden full of weeds;  
For when the weeds begin to grow,  
Then doth the garden overflow.

Tomorrow, and tomorrow, and tomorrow,  
Creeps in this petty pace from day to day,  
To the last syllable of recorded time;  
And all our yesterdays have lighted fools  
The way to dusty death.

*Shakespeare, Macbeth, V,v*