

# SCHOOL CHOIR'S WARMING UP



## BODY WARMING UP

Rub your hands , your arms, your legs  
Rub your neck, your forehead,  
Rub your cheeks, your chin, your throat,



## BODY STRETCHING

Bend your knees  
Wiggle your hips  
Turn slowly your head to your right, left  
Roll your shoulders  
Raise your shoulders & lower them / let them down  
Hands up... hands down ( quickly/slowly)  
Stretch up high, try to catch the clouds



## FACIAL STRETCHING

Chew a chewing -gum  
Open wide your mouth ... and yawn  
Send a kiss  
Click your tongue



## BREATH

Breathe in and sigh

Blow like the wind / like the wolf

Breathe in and hiss like a snake [S], until all the air is gone

Breathe in, hold on, and pulse on « sh » the longer you can.



## VOICE SETTING



### ► SIREN

Let's do a vocal siren, going up and down.

« Scoo-bee, Doo-bee, Doo Bee-do, Bee-do » "doo wah" It's my turn. It's your turn.

### ► SLOW / FAST

Repeat this word / sentence after me : « Tuesday » « Today is Tuesday. »

Let's change the rhythm : say it slowly, now quickly or fast. Now even slower, now quicker or faster.

→ short /long words : 1 syllable : hi / zoom , 2 syllables : hello / Tuesday, 3 syllables : Saturday...

→ short /long sentences : Today is Tuesday. Today is Tuesday and I sing / and I'm happy to sing.

### ► HIGH & LOW

Let's say it higher and now lower,

### ► SOFT & LOUD

Let's say it softer and now louder.

### ► ECHO

Touch your throat and repeat after me : [S], [Z], [Θ], [M]...Keep the sound the longer you can.

Repeat after me like an echo : mah meh mee moh moo / nah neh nee noh noo ...

Open your jaws the widest you can : 'bah', 'ya', 'pah', and 'mah'

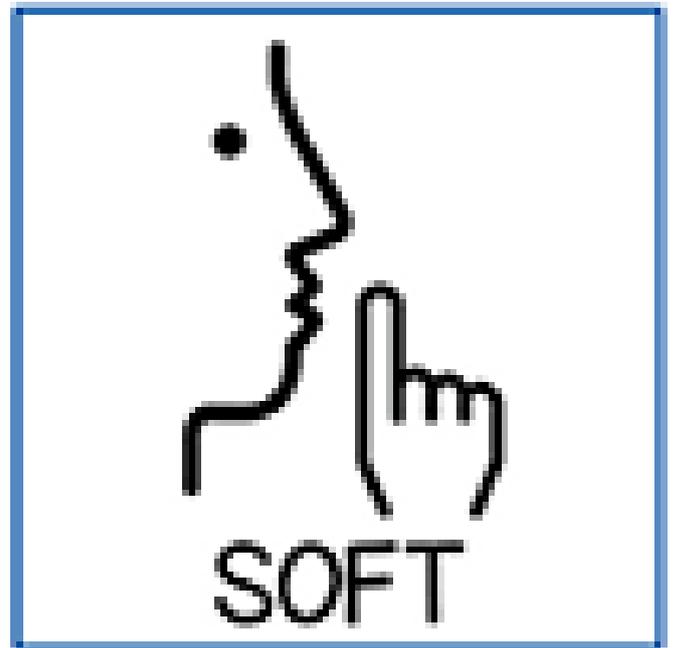
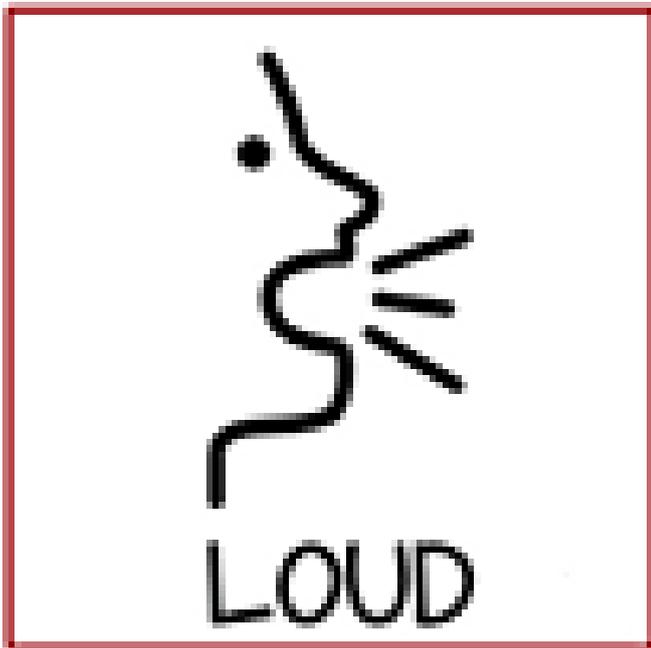
### ► TONGUE TWISTERS

Let's try « Tongue twisters ». Listen carefully.

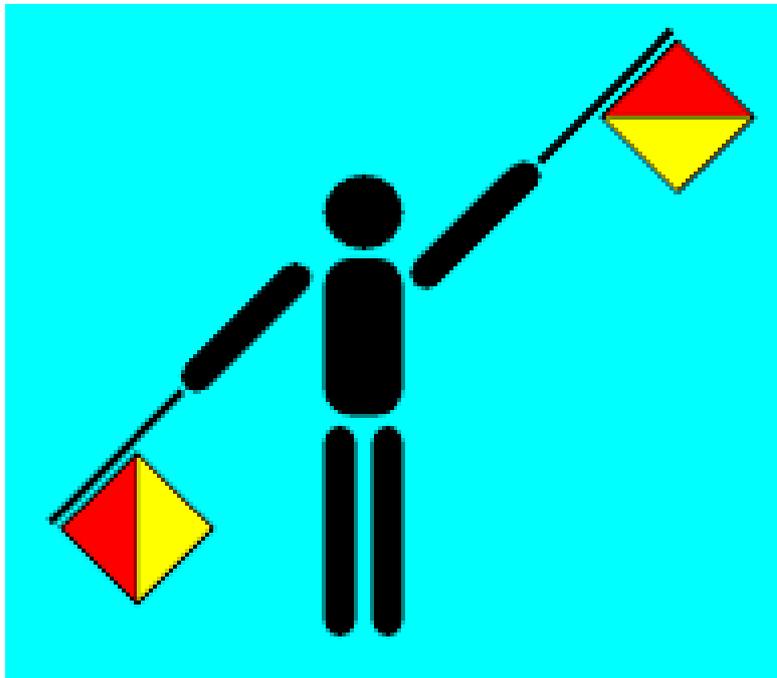
- Mommy Made Me Mash My M&Ms (ascending and descending)
- Chester Cheetah Chewed a Chunk of Cheap Cheddar Cheese (repeated note)
- Peanut Butter ( repeat on each note and then descending)

Change the way you sing : now you feel happy, sad, anxious, angry, tired...

Change your voice : have a duck voice, a bear one, an old lady voice...



**low**



**high**

**sigh**



**blow**

