

## **QUICK WARM UPS**

- 1. Shrug your shoulders 5 times. Roll them about a bit**
- 2. Pretend to be chewing a very sticky toffee which keeps getting stuck on your teeth! Exaggerate the facial movements so you can feel all your cheek and eye muscles engaged**
- 3. Siren with your voice**
  - a) Up and down your extreme range**
  - b) Use your hand as a guide to “physicalise” the movement and change direction this time**
- 4. Walk around, humming any note loudly, connecting the notes to each other. Try to walk in a relaxed but upright manner and not in time to the music!**
- 5. Point your tongue just behind your top teeth and draw it backwards following, but NOT TOUCHING, the roof of your mouth. Do this 3 times**
- 6. Now place your tongue against your bottom teeth and roll the tongue out as far as it will go. Repeat 3 times**
- 7. Make “puppy dog” noises**
- 8. Blow petals off an imaginary flower. Try 5 short, sharp blows, followed by 5 long, slow breaths. Feel your intercostal muscles working**
- 9. Use the fricative “f” and “f” through a couple of nursery rhymes, making sure you get in every syllable. You could try different consonants - SH; T; P**
- 10. Do a mock yawn to stretch the palate. Open your throat and do a silent lion’s roar. Feel the opening up of the vocal tract**