



## **QUICK WARM UPS** – some suggestions

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 up and down your extreme range
4. Practise the 'giggle' technique so you have it available; this will keep your cords apart and re-align the muscles.
  - a) Create a whispered "hee hee". You will feel your stomach muscles move.
  - b) Re-create the same thing but WITHOUT the whisper. Your mouth will be open in the same shape and your stomach muscles will be engaged but NO SOUND must escape. (You can tell if you are doing it right by feeling the warm air on your hand).
5. Pretend your mouth is a compass and press your tongue firmly against the four main compass points – North, South, East, West
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 replace the words of nursery rhymes with this 'sound', 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