



# Warm-ups

## Ideas for getting going

A good vocal warm-up should focus on both vocal muscles and the brain, release tension, work on ease and range of motion in the muscles and do gentle work before big work.

### Yawn!

Make big yawning sounds and stretch your arms up high and down, releasing tension in shoulders.



Girls sing and clap during the girl's club meeting at Quelimim Toto School, Liberia. Aubrey Wade/Oxfam GB

## Draw your voice

Stand in a circle. Start by demonstrating how to 'draw your voice'. This means that the sounds that you make with your voice follow the action of your hand. For example, move your hand high to low and make a siren noise, or in a flat, steady line and hum. Make a buzzing sound like a bee and use your finger to follow the imaginary path of your bumbling friend! Try to make sure you include extended vowel sounds (such as 'eeee', 'aahhh'). When you have finished, 'throw' your imaginary voice that's in your hand to someone else in the circle for them to have a go. Repeat until everyone has had a turn.

## Hello

Work in pairs and call to each other – 'yoohoo', 'coo-wee', 'hiya' 'hello' – find different ways of saying hello or calling someone over. Can you do it in different languages? Go round the circle and listen to everyone's 'coo-wee'.

## Switch

The teacher makes a sound shape/pattern (e.g. rubbing hands and slapping knees) which is repeated. Children listen and then join in. The teacher then begins a new pattern but the children continue with the first pattern. When the teacher says 'switch' everyone changes to the new pattern. The teacher then makes a different pattern and so on. This activity encourages the children to listen to one pattern whilst they are making a different one.

## Body Pulse

Set a pulse group of 3 beats using different body sounds, for example:

<b>1</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Clap</b>	<b>Knee</b>	<b>Knee</b>	<b>Clap</b>	<b>Knee</b>	<b>Knee</b>

Everyone should join in. Keep the 3-beat pulse but change the body sounds.



Take a look at [Sing Up's Voice Box](#) and register as a Friend for free to get loads more warm-ups, fun work-outs, quick songs and vocal materials to keep voices healthy and active!