**BASIC WARM UP BEFORE SINGING**

* **Stretches**
	+ **Arms** reaching up and diagonally
	+ **Face** (jaw, under cheekbones, between eyes, by nostrils)
	+ **Larynx** (gently back and forth, up and down)
	+ **Tongue** (stuck out, saying “til test still town tips tall”)
	+ **Hips** – squat, hands on thighs, with alternating shoulder stretching forward.
	+ **Shoulder placement**-Inhale, raise shoulders up to ears, exhale and let the shoulder blades come together and move down lower on the back for an open chest.
* **Sh, sh, sh!** (no shoulder movement – neutral shoulders – but chest naturally will pop up a little as the lower belly kicks inward)
* **With Straw, humming/bubbling in water** \*Do-re-mi-fa-sol-fa-mi-re-do -*DO(high do)* -do\*
* **Low-High-Low Siren** on an owl “oo” (as though there were water in your mouth)
* **“Oo”** **for middle voice** \*Sol fa mi re do\*
* **“Lo” for low range** \*Sol fa mi re do\*
* **Doodle-ah Waddle-ah for articulation \***sol fa mi re do \* (in triplet pattern)
* **Zing-AH-ah-ah-ahhhhh….for range** \*Do *DO(high do)…*sol mi do\*
* **Solfége syllable exercises (important for harmonizing and finding your note):**
	+ **Straight Scale:** Do re mi fa sol la ti DO(high do)ti la sol fa mi re do.
	+ **Staggered Scale:**
		- DO
		- Do-RE-do
		- Do-re-MI-re-do
		- Do-re-mi-FA-mi-re-do
		- Do-re-mi-fa-SOL-fa mi re do
		- Do-re-mi-fa-sol-LA-sol-fa-mi-re-do
		- Do-re-mi-fa-sol-la-TI-la-sol-fa-mi-re-do
		- Do-re-mi-fa-sol-la-ti-DO-ti-la-sol-fa-mi-re-do