

Warm Ups

Exercise

It has been show that light aerobic exercise, combined with vocal specific exercise can prepare the voice for singing, especially in the morning. Try some light jogging and star jumps to wake the body up. Then add some gentle stretching to loosen up.

Breathing

Resting the hands gently on the belly, and gently breathing out to a 'sh' or 's'. You should be able to feel it gently expanding on an inbreath. A feeling of a zip or squeezing a tube of toothpaste from the bottom up can also assist. Then move on to some pulsing and allow the belly to be flexible. Avoid 'making' the belly move.

Sirening

Gentle gliding on a 'ng', starting with small intervals. Then move onto lip trills or puffy cheeks slowly making your way up to a 2-octave glide up and down.

Resonance

Begin with some twangy scales, such as 'nyeh' or 'miaow', imagining yourself as a witch or school boy bully. Then change the scales into a 'yah' allowing the jaw to drop down and back in a relaxed manner. If struggling with breathiness then try a soft glottal 'oh' on an arpeggio.

Vowels

Using scales and arpeggios, practise different vowels, allowing the mouth to change shape if needed. Don't force the vocal configuration to stay in one place as the vowel will then distort to the listener as the pitch changes. Remember to try out major, minor, diminished 7ths, pentatonic scales to help flexibility.

Strength

Strength and flexibility is crucial for singing. There are various exercises that can be used to help with this. A common one is *Messa di Voce*, where you sustain a note on a vowel, starting quietly, getting louder (crescendo) and then get quieter again (diminuendo), without changing the sound of the vowel.