

## 1. Swimming Pool Stretches

Why? It is important to warm up the whole body first, as projecting your voice needs a strong, supple body. Start with some full body stretches using fun swimming actions.

How? Begin with some simple head and shoulder rolls to loosen and relax the neck. Call out the following swimming actions in any order to create a full body stretching sequence:

*'Front Crawl' (single arm circle forwards)*

*'Backstroke' (single arm circle backwards)*

*'Butterfly' (both arms circle forward and backwards)*

*'Breaststroke' (both arms reach and push forward and out)*

*'Dive Right' (stretch both arms up and bend / dive to the right side)*

*'Dive Left' (stretch both arms up and bend / dive to the left side)*

*'Dive Down' (stretch both arms up and bend / dive forward to touch the toes)*

*'Jellyfish' (shake out all limbs as though made of jelly)*

## 2. Big Face, Small Face

Why? The face obviously plays a very important part when singing and articulating, so it's a good idea to warm up the facial muscles too. Big Face, Small Face is a really fun way to do this!

How? Stand with shoulders relaxed, feet apart with a neutral facial expression. Call out 'Big Face' – at this instruction everyone must make their eyes and mouths as big and wide as they can and hold this until you call out 'Small Face'. For 'Small Face', everyone must screw up their faces to make them appear as tiny as possible.

You can also include emotions and other directions to add a bit of extra fun. For example 'Big Happy Face', 'Small Angry Face', 'Big Scary Face', 'Small Hamster Face'.

## 3. Blowing Out The Candles

Why? Learning to use and control your breathing is vital for holding those wonderful sustained notes. Try this exercise to help improve the use of breath.

How? Imagine a big birthday cake in front of you with 4 large candles on top. You will need to blow these out in 4 short bursts. Take a big deep breath in through the nose over 4 counts, hold it for 2 counts, then blow out through your mouth - 4 times to blow out the 4 candles. Remind everyone they should try NOT to take any extra breaths in between to encourage controlling the breath.

Repeat the exercise increasing the number of candles each time until you get to 8 candles. With your final round, take a deep breath in over 4 counts, hold for 2 and blow out all of the candles with one smooth breath over 8 counts.

## 4. Sticky Chewy Toffee

Why? This is a great way to warm up and stretch out the jaw to help with articulating and enunciating your words.

How? Begin with an extra-large piece of imaginary sticky toffee in front of you. Place the toffee into your mouth and chew. The toffee is enormous, so this is a very difficult job and you need to use your whole face to chew the toffee. Have a competition to see who is chewing the biggest piece of toffee!

Eating all of that toffee has worn you out, so finish the exercise with a nice big yawn and stretch.

## 5. Nonsense Responses

Why? This exercise will help to warm up the vocal cords and practise the enunciations of different sounds.

How? This is a simple call and response activity where everyone repeats the following sounds and nonsense words after you:

*'AHH AHH AHH AHH EEEE EEEE EEEE'*  
*'BEEE BEEE BEEE BEEE BOO BOO BOO'*  
*KAAA KAAA KAAA KAAA KOOO KOOO KOOO'*  
*'MEEE MEEE MEEE MEEE MO MO MO'*  
*'BRRR BRRR BRRR BRRR BREE BREE BREE'*  
*'DAAA DAAA DAAA DAAA DOH DOH DOH'*  
*'FAAA FAAA FAAA FAAA, FOOO FOOO FOOO'*  
*'OOO OOO OOO OOO AAAY AAAY AAAY'*

Remind everyone to really open the mouth and over articulate each sound. Try this with lots of different vowels and consonants, as well as different rhythms, patterns and notes to keep everyone on their toes.

## 6. Firework Fiesta

Why? This is a vocal siren exercise to activate the muscles attached to the larynx (voice box) and the vocal folds (vocal cords). It also helps to explore vocal range.

How? Imagine you are watching a fantastic firework display and the crowd is showing their appreciation in the usual way with 'ooooo's and aaaaaah's!'

Use the following sounds to glide up and down the scales, gradually moving from the lowest note of your range to the highest and back down (like an emergency siren):

*'Oooooooooo'*  
*'Aaaaaah'*  
*'Eeeeeee'*  
*'Ohhhhhh'*  
*'Wowwwwww'*

## 7. Amazing Articulations

Why? These exercises help to warm up and engage the mouth and lips ready to tackle any tricky words that come your way!

How? Begin by saying these lines aloud, focusing on the enunciation of each syllable. Then repeat each line moving up the scale with each repetition. You might also like to try them with different speeds, accents and volume - basically just have lots of fun with them.

*'Spaghetti Bolognese and Garlic Bread'*  
*'Billy's Blowing Bigger Bubbles Now'*  
*'Clever Kitty Climbing Katie's Tree'*  
*'Fluffy Feather Floating Far Away'*  
*'Super Duper Double Bubble Gum'*  
*'Julie Made A Jolly Jelly Jam'*