

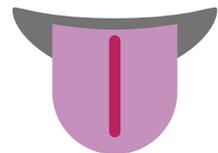
5-Minute Vocal Warm-Up for Teachers

Remember **Posture** (lift from your sternum) and **Pitch** (the more varied, the better).

Bike Tire Short bursts of air on a "ch" sound. Do single bursts until you feel your belly moving in connection with the sound you're making. It doesn't have to move much! Then do 3 groups of 5: four short bursts followed by one long one. Repeat with "voice" (adding voice will make a "zch" sound).



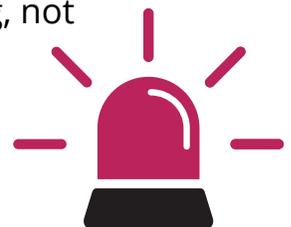
Stretch Your Tongue Tuck the tip of your tongue behind your lower teeth. Keeping the tip of the tongue behind the lower teeth, push your tongue forward, feeling the stretch. Relax. Repeat twice (total 3X). Do this three more times with the addition of sound. Make vocal sounds on high, middle, and low pitches.



Bumblebee Make a sustained "Z" sound. Don't overthink this! The idea is to move this sound around on higher and lower pitches. A scale, a song, a siren, or whatever. Do this 3 (or more) times. Take a breath, do your thing (siren, wind, whatever) wait a beat or two. Repeat.



Siren As you do this, keep your tongue touching (just touching, not pushing!) the back of your lower teeth. On an "ee" sound, copy the sound of a siren coming and going: low to high to low. If it helps, you can start with an "s" sound so you're saying "see". Do this 3 or more times.



Boat (or Motorboat) Focus on your breathing, not your lips! Focus your gaze on something far away from you, take an easy breath, and shoot the sound of the motorboat to the thing you're looking at. Make the sound short and energized. If it's not working, make it louder and/or place your index fingertips at the corners of your mouth. Do 3 sets of 3 on different pitches, low to high.

