

Animated Vocal Warm Up

By Michael Shank

Breathing - focus on a point in front of you.

Find Your Breath

Breathe Deeply (long inhales, long exhales)

Put Sound on the Breath (a sigh that begins on the exhale)

Shake the sound into the Belly (make sure the sound and breath is coming from diaphragm)

Sound: Zoo/Wow - deep in the belly

Sound: Guh (from the sternum)

Sound: Shah -Gently tap upper chest and arms (warmup the rib cage and chest)

Jaw Warmup (use fingers on cheeks)

Tongue Warmup (chew tongue and mouth)

Tongue on a String-tip of tongue behind front teeth, pretend to pull tongue out with invisible string

Sound: ME, MAY, MAH (warm up nose and cheeks with sound, rub nostrils and cheeks with hands)

Lip tremble-high sound to low sound

Sound: REEEEEEE (through top of head, down through entire system)

Shake out body