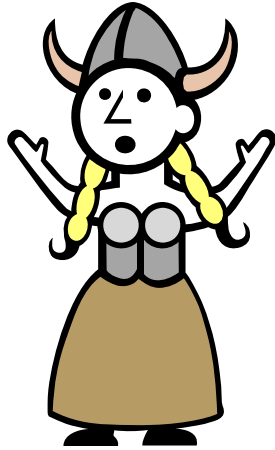


A (brief) sample of **Vocal Warm-ups**



Practice these, and you could end up onstage wearing a costume like this! (Hey, it's more fun than you might think, especially if they let you carry a spear, too!)

1. Loosen your upper body: neck stretches, shoulder circles, stretch your arms around an imaginary giant ball in front of you. Stick out your tongue; try to touch your chin with it, your nose, left and then right cheeks.
2. Wake up your mouth: "Fee, Fie, Foe, Fum, I smell the blood of an Englishman. Be he alive or be he dead, I'll grind his bones to make my bread."
3. Blow through your lips like a horse. Repeat. Repeat again, adding your voice (lip trills) - if you've really got it, your lips and nose will itch!
4. Remind yourself that your breath should always be "in transit" when you sing. Start with the syllable "tssss" and keep it going as long as you can.
5. Fire engine warm-up: on the syllable "No" - start in the bottom of your range and slide that sound up, up, up...and over and back all the way to the bottom. Bonus points if you make the dog howl along.
6. Try some belting: "Hey! Tommy! Leave your sister's toys alone!" Be a snobby British lady: "I am a very snobby British lady. I read only non-fiction for my self-improvement."
7. Remind yourself that if you can talk, you can sing!