

“Just as you’d warm up to play an instrument”

You can choose the ones you like, or do them all!

Body Stretches:

- Give everything a big shake, similar to a dog after getting out of a bath.
- Big upward stretch with arms.
- Bend at the waist and reach your arms forward.
- Straighten your back, stretch your arms behind you.
- Reach one hand above and over to the other side of your head, leaving the other arm resting. Take a big breath in. Repeat on both sides.

Breathing Exercises:

- Choose an object that is some distance away. Take a breath in, then breathe out through round lips. Attempt to have your breath “hit” that spot. Breathe out for a 4 count, 6 count, 8 count, and 10 count. Sustain your breath for the duration of the count.

Resonance:

- Hum. With your hand on your chest, choose a note, and hum. When you stop to take a breath, choose a different note to hum next.
- Hum while tapping on your chest with one hand. Again, when you pause to breathe, choose a different note.
 - While you tap, halfway through your hum, open your mouth and sustain the sound.
- Place your hands over your face and hum. See if you can feel the vibrations!
 - Again, change notes when you breathe.
 - Hum with hands on face, then move your hands away from your mouth and open it, as if you are giving the sound to someone else across the room.

Projection:

- To start, stifle a yawn. When you cannot stifle it anymore, move to an open-mouthed yawn. Stretch your body however you like while you do this.
- Hold your hand straight above your head. Make a “Haaaaaa” sound (from a high note to a low note) while lowering your hand straight out in front of you. You should be aiming your voice out past your outstretched hand at the end of this particular exercise.
 - After doing this with one arm, do it with both
- Hold your hand out behind you, as if you are about to throw a ball or javelin. As you move to “throw” the object, make the “Haaaaa” sound again (high to low). Let your voice “travel” with the distance of the object “thrown”.
- Count to ten, slowly and clearly. Enunciate!

Articulation:

- Scrunch and move your facial muscles. Wrinkle your nose, open your jaw as wide as you can, anything that feels good.
- Find the space where your upper and lower jaws connect. Lightly massage this with two fingers on each side.
- Articulation of different sounds: Repeat things like “buh buh buh” “puh puh puh” “da da da” “ta ta ta” “nuh nuh nuh” “kuh kuh kuh” etc. Practice rolling “R’s” from a high note to a low note.
- Repeat this phrase: What a to-do to die today, at a minute or two to two; a thing distinctly hard to say, but harder still to do. We’ll beat a tattoo, at twenty to two a rat-tat-tat- tat-tat-tat-tat-tat-tattoo and the dragon will come when he hears the drum at a minute or two to two today, at a minute or two to two.
- Repeat this phrase: The lips the teeth the tip of the tongue, the lips the teeth the tip of the tongue

Now you’re all warmed up!!!