

CânSing Day 2012 Resources

Top ten warm-up exercises

The single most important thing you can do for vocal health is to start off any singing activity with a good warm up.

These are the top ten recommended warm-up exercises by the CânSing team.



1

Name	Aled Powys Williams, animateur
Name of warm-up	1-2-3-4-5
Type of exercise	Vocal/focus
When you use it	Can be used any time during the session to help focus the group
Why you like it	It's a simple exercise that helps the group to focus, while gently warming up the voice.
How to	To the tune of 'Knees Up Mother Brown' (see copy of notation provided), replace each syllable with a number (1-5). 1 2 3 4 5 Knees Up Mo-ther Brown
Hints and tips	Get the group to count on their fingers to help. Begin at a suitably slow pace, and then increase the pace until the group becomes familiar with the exercise.
Ideas for development	Replace the numbers with phrases such as 'Where-is-my-mon-key!'

Top ten warm-up exercises

2

Name	Aled Powys Williams, animateur
Name of warm-up	Number clicks
Type of exercise	Rhythm/focus
When to use	Can be used any time during the session to help focus the group
Why you like it	It's a good ice-breaker.
How to	Get the group to form a circle and appoint each person a number - 1, 2, 3 etc. Collectively begin by performing the following rhythm: tap on thighs/clap hands/left click/right click. Then a nominated person begins by reciting their number on the left click and 'passes on' by reciting someone else's number on the right click. The numbered person (on the right click) continues.
Hints and tips	Begin at a suitably slow pace, and then increase the speed until the group becomes familiar with the exercise.
Ideas for development	If someone stumbles/delays or makes a mistake, make them sit out the remainder of the exercise, thereby eliminating their 'number' from the exercise. For example, if number '2' was eliminated and someone proceeds to choose number '2', that person also becomes eliminated, and so on, leaving several numbers 'unusable'.



3

Name	Elin Llwyd, animateur
Name of warm-up	Days of the week
Type of exercise	Vocal and brain tease
When you use it	At the beginning of a session, or any time to focus
Why you like it	It's a fun exercise to warm up the voice, and it's good to concentrate on something else as well as the notes.
How to	On an ascending scale of five notes (CDEFG), sing 'Monday, Tuesday, Wednesday, Thursday, and Friday'. Then sing backwards on the descending scale. Move up a note and repeat, but starting with Tuesday this time. This will take you to Saturday. Repeat, again moving up a note and starting with Wednesday. Repeat the process until you come back to Monday and you feel you have exercised the vocal range enough.
Hints and tips	Start slow and in the lower register of the voice.
Ideas for development	Take the scales a bit higher/lower depending on the aim of the warm up - and at a faster pace.

Top ten warm-up exercises

4

Name	Elin Llwyd, animateur
Name of warm-up	Twinkle twinkle
Type of exercise	Vocal and tone
When you use it	At the beginning of a session or to work on particular smooth/legato tones within a piece
Why you like it	It's a gentle warm up that creates beautiful sounds and works well on legato singing and roundness of tone in the voice.
How to	Sing the melody of 'Twinkle twinkle' on 'Ro' (see copy of notation provided). Sing a couple of times. Then split the group into two to sing as a round, with the second group starting when the first group has finished their first line.
Hints and tips	Choose a comfortable key for the learners. Concentrate on the smooth tone and roundness of their pronunciation of 'Ro'. It's also a great exercise to develop musical phrasing. Develop to only breathing every two lines.
Ideas for development	As well as breath control, you can also develop the exercise by splitting the group into more parts. Start with three, and then four if you want to challenge the pupils. This will require the groups to come in at every half a sentence (ie after the first 'Twinkle twinkle' of every group).

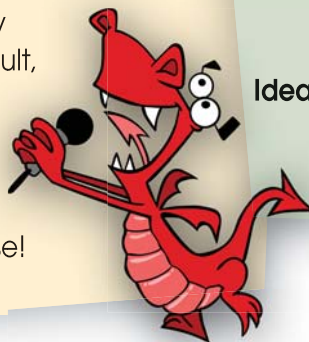
5

Name	Jennifer Pearson, animateur
Name of warm-up	Sirening
Type of exercise	Vocal
When you use it	Can be used any time during the session to help focus on the higher and lower sounds
Why you like it	It's a fun exercise to warm up the voice.
How to	Get the group to form a circle. Ask learners to follow you as the leader – slide up and down through the full vocal range, including very high and very low sounds, on any sound (eg 'mmm' or 'rrr'). As the group leader, slide your hand up and down to match the pitch of your voice. Move slowly or quickly to create a fun but worthwhile vocal exercise.
Hints and tips	Begin with a slow hand movement and try to catch learners out with a sudden hand movement.
Ideas for development	Allow learners to take it in turns to be the leader at the front.

Top ten warm-up exercises

6

Name	Jennifer Pearson, animateur
Name of warm-up	Daddy's got a brand new ping pong ball
Type of exercise	Vocal/focus/diction
When you use it	At the beginning of a session to focus on diction and pitch control
Why you like it	It's a simple exercise that helps the group to focus on their diction, while gently warming up the voice.
How to	Sing the words 'daddy's got a brand new ping pong ball' on the first note of a Major scale (eg C). Then repeat, in turn, on all degrees of the scale (CDEFGAB). Practise this slowly to begin with, and then, when children are confident with the words, speed things up in order to develop a lively vocal exercise and a diction exercise all in one.
Hints and tips	Start on a low note and work on the higher register by starting on a higher note.
Ideas for development	Ask learners to create their own silly phrases. To make things more difficult, try missing words out of the phrase or adding body percussion on certain degrees of the scale to create a multi-faceted body/diction/vocal/rhythm exercise!



7

Name	Jennifer Walker, animateur
Name of warm-up	Invisible can of air
Type of exercise	Breathing/focus
When to use	At the beginning of a session to focus on breathing
Why you like it	This is a fantastic way to get breathing exercises done without having to talk about technicalities.
How to	The group leader has the 'chief' can of air (mime holding a cylinder about the size of a can of beans). Learners copy the leader, by making the same sound they do, at the same time. The leader mimes turning the lid of their invisible can, making a sustained 'ss' sound to match the action. The further round the lid is turned, the louder the sound becomes. The sound continues until the lid is turned back to its original position.
Hints and tips	The intensity of the sound can be varied by the leader turning their lid. This is also an excellent observation exercise.
Ideas for development	Vary this exercise by using 'ssh' instead of 'ss' – either sound is a great workout for the muscles that support breathing!

Top ten warm-up exercises

8

Name	Jennifer Walker, animateur
Name of warm-up	Psychic animal names
Type of exercise	Diction/focus
When to use	At the beginning of a session to focus on breathing
Why you like it	This is a relaxing activity to get everyone focused at the beginning of a session.
How to	<p>The leader (teacher, or member of the group) faces learners and says: 'I've heard that you have psychic powers. I bet you can tell what animal I am going to say without me telling you - and say it at the same time as me!'</p> <p>It's best to start with two or three simple animals, such as 'cat' or 'dog', and perhaps a more unlikely one, like 'monkey'.</p> <p>The leader forms the word slowly, so that learners have time to focus on the shape their mouth is making. All try to say the word together.</p>
Hints and tips	Avoid too many animal names that begin with the same letter.
Ideas for development	Once they've got the hang of it, alternate the familiar words with some other animals and try to throw them off by repeating/changing the pace.

9

Name	Osian Rowlands, animateur
Name of warm-up	Number scale
Type of exercise	Vocal/diction/focus
When to use	At the beginning of a session to focus on diction and pitch
Why you like it	It's a good exercise to help the group focus on diction, while gently warming up the voice.
How to	<p>Sing the melody below (also provided on a score), and sing the numbers with each note. Sing a couple of times at a steady pace.</p> <p>Going up:</p> <p>1 2 3 2 3 4 3 4 5 4 5 6 5 6 7 6 7 8 7 8 9 10 C D E D E F E F G F G A G A B A B C B C D C</p> <p>Coming down:</p> <p>10 9 8 9 8 7 8 7 6 7 6 5 6 5 4 5 4 3 4 3 2 1 C B A B A G A G F G F E F E D E D C D C B C</p>
Hints and tips	Split the group into two smaller groups. Group 1 starts 'going up'; Group 2 starts 'coming down'.
Ideas for development	Try to sing each pattern with a different rhythmic pattern; or start on a lower or higher note to work on the lower and higher register.

Top ten warm-up exercises

10

Name	Osian Rowlands, amateur
Name of warm-up	Papa's got a head like a ping pong ball
Type of exercise	Vocal/diction/focus
When to use	At the beginning or middle of a session to focus on diction and pitch
Why you like it	It's a good tongue-twister that helps the group to focus on diction, while gently warming up the voice.
How to	Sing the 'William Tell Overture' with the following words (score provided): <i>'Papa's got a head like a ping pong ball.'</i> The middle section: <i>'Papa's got a head like a ping pong, ping pong, ping pong, ping pong ping pong ball ...'</i>
Hints and tips	Add movements (eg bending the knees on 'ping', jumping on 'pong').
Ideas for development	Try to sing the song and leave specific words out (eg 'ping' or 'pong').



Exercise 1



One two three four five, one two three four five



One two three four five, One two three four five, one two three four five.

Exercise 4



Ro ro ro ro ro ro ro, ro ro ro ro ro ro ro, ro ro ro ro ro ro ro,



ro ro ro ro ro ro ro, ro ro ro ro ro ro ro, ro ro ro ro ro ro ro.

Exercise 9

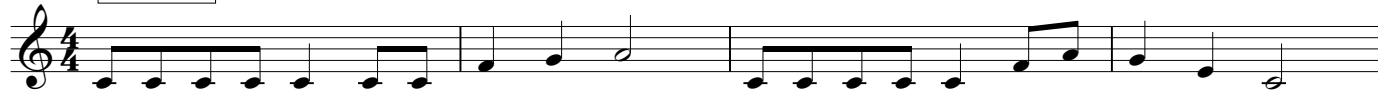


One two three tow three four three four five four five six five six seven six seven eight seven eight nine ten.



Ten nine eight nine eight seven eight seven six seven six five six five four five four three four three two one.

Exercise 10



Pa-pa's got a head like a ping pong ball, Pa-pa's got a head like a ping pong ball,



Pa-pa's got a head like a ping pong ball, got a head____ like a ping pong ball.



Pa-pa's got a head like a ping pong, ping pong, ping pong, ping pong ping pong ball.



Pa-pa's got a head like a ping pong, ping pong, ping pong, ping pong ping pong ball.