

# Warm-ups to survive a show

**Drink** lots. I mean water!

**Rest** as much as you can. Middle of the day naps are allowed! If not possible, at least rest your voice.

**Warm up in the middle of the voice.** Do NOT try and sing the high note that you're not sure about in the first ten minutes.

**Don't shout** over music at parties, unless you twang.

Try and cover these areas in a warm-up:

Posture • Breathing (In and Out!) • Resonance / Placement  
Diction - Vowels and Consonants • Range • Relax

and most importantly: don't catch cold! - Wash Your Hands

## Posture

Stand proudly. Don't lock your knees on stage, and sing as if there is a thread coming out the top of your head, holding you up

## Breathing (In and Out!)

Take long slow breaths in (like yawning, or smelling a flower) - hold the breath for a few seconds, without locking the throat. Breathe out slowly, and empty the lungs. Repeat.

## Resonance / Placement

Gently hum a note in the centre of the voice.

Softly sustain the nasal Nnn for a couple of beats (crotchet =60), setting up a slight vibration at the back of the nose - a kind of tickling. In the middle of the voice!



Nnn ... ah, Nnn ... ah, Nnn ... ah, Nnn ... ah.  
Nnn ... eh, Nnn ... eh, Nnn ... eh, Nnn ... eh.  
Nnn ... ee, Nnn ... ee, Nnn ... ee, Nnn ... ee.



Mi - a mam-ma mi - a mam-ma mi - a mam-ma mi - a mam-ma maw

## Diction - Vowels and Consonants

Practise some tongue-twisters - use Danger Men at Work if you can't think of others; or say "The tip of the tongue if it slips will eclipse both the lips as it flips." (Use less jaw - use "the lips, the teeth, the tip of the tongue").

Sing slowly through the five Italian Vowels: Nee - Neh - Nah - Naw - Noo, with Line (use the magic finger), and with Projection (so that someone in the next room can hear it).

## Range

Don't start too high!



Pa pa pa pa pa pa pa pa pa (staccato)  
Are they near ly there? (legato)



Moderato  
Some - where o - ver the rain - bow

## Relaxation

- (1) reach high
- (2) touch left foot with right hand and vice versa
- (3) bubble air between your teeth like a motorbike
- (4) chew a large bite, several times
- (5) practice the beginning of a yawn
- (6) say "yah yah yah" and "yaw yaw yaw"
- (7) siren to ng
- (8) stick your tongue out and back in quickly several times
- (9) run tongue smoothly round upper and lower lips, both directions

**Above all: enjoy!**