

# Vivacious Vocal Warmups!



- 1) **Physical** -- stretch neck, shoulders, back. Roll head, massage face & jaw
- 2) **Relaxation** — deep breathing, arms swings, toe bounce, run in place
- 3) **Breathing** — rib cage full & high, centered posture
- 4) **Exhale** -- ZZZZ, SHHHHH, HRRRRRR, Lip buzzes
- 5) **Vocalizing** — Yawn Sighs, Siren
- 6) **Singing** — Scales, low and high
- 7) **Diction** — Mamala Papala (etc.), may may may may may may may  
may may may MAH!  
(B, K, and other consonants etc.)



## Tongue Twisters:

Say slowly at first, then gradually increase the speed.



1. The tip of the tongue  
the roof of the mouth,  
the lips and the teeth



2. What a to do  
to die today  
at a minute or two til two

A thing distinctly hard to say  
but harder still to do

For at twenty til two  
they'll beat a tatoo  
with a rat a tat  
tat a tat  
tat a tat, too.



3. I LOVE New York!  
I NEED New York!  
I KNOW I NEED unique New York!



And the dragon will come  
with the sound of a drum  
at a minute or two  
til two today  
at a minute or two til two!



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### Presentation:

*A performer's impact is 55% face (appearance/ enthusiasm), 38% voice quality and 7% words.\*  
In other words, PRESENTATION is more crucial than what you say or your vocal quality!  
So go for it with GUSTO!*

\* based on a study cited in Voice Power by Joan Kenley