

Vocal Warm-ups



#1 Roll
shoulders



#2 Shake
wrists



#3 Shake
and roll
head



#4 Massage
cheeks and
neck

Posture

Stretch up, spine straight, neck relaxed, lean three inches forward, feet flat on the floor.

(Crowther, 1981, p.102)

Breathing

Take a deep breath and with control blow out air in a slow steady stream. Repeat.

YAWN

References

Crowther, D. S. (1981). *Teaching choral concepts: Simple lessons plans and teaching aids for in-rehearsal chior instruction*. Bountiful, Utah: Horizon Publishers.