WARM UP!

A. Breathing

1. Inhale through the nose for a four count. Exhale on a hum for another count of four.
2. Inhale through the nose for a four count. Exhale on an "Ah" for another four count.
3. **Nerve Calming Breath** – Inhale on a two-count; exhale on another two-count.
    a. Inhale/Exhale on a four-count, then a 6-count, then an 8-count.

B. Jaw Relaxation-

1. Yawn on a five-count scale .
2. Chew imaginary bubble gum or stale toffee.
3. Stick tongue out and point it down toward the chin as far as possible.

C. Vocal Tone

1. Practice Five Vowel Sounds, gliding smoothly from one to another on a single pitch as follows:
    a. Ma, Me, Mi, Mo, Mu
    b. Ba, Be, Bi, Bo, Bu
    c. Ta, Te, Ti, To, Tu
    d. Da, De, Di, Do, Du
    e. Na, Ne, Ni, No, Nu
2. Practice these vowels with a staccato delivery:
    a. Ha, Ha, Ha, Ha, Hee
    b. Ka, Ka, Ka, Ka, Kee
    c. Ya, Ya, Ya, Ya, Yee
    d. Ra, Ra, Ra, Ra, Ree
    e. Ta, Ta, Ta, Ta, Tee
    f. Wa, Wa, Wa, Wa, Wee
    g. Za, Za, Za, Za, Zee

D. **Diction** – Try the following tongue twisters:

1. An annoying noise annoys an oyster.
2. What gall to play ball in this small hall.
3. A hotch-potch, moss-blotched, botched scotch block.
4. Around the rough and rugged rock the ragged rascal ran.

Ri He He He

The Lips, the Teeth, the Tip of the Tongue

Mama Mia Fettuccine

1, 121, 12321....

5 Note Scale

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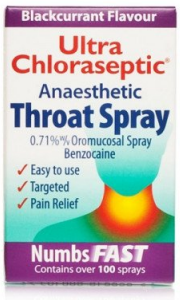
Vocal lozenges