

- *Stretch your hands way up to the sky, as far as you can reach. Drop your hands down and touch your toes.*
- *Stand up straight, drop your head and roll it around in a circle. Switch directions.*
- *Roll your shoulders back. Roll your shoulders forward.*
- *Take a big breath in. Now let it out shaking out your whole body while buzzing your lips. Ask the class how they feel. Great!*

Play [Music Cue #7](#) during the relaxation exercise, or any calming instrumental music.

### VOCAL WARM-UP:

- Tell the class to take a seat. *We're now going to warm-up our voices.*
- Explain proper singing position: Sitting at the edge of the seat, with their back up straight. Have everyone give it a try. Walk around positively evaluating their posture. Tell them from now on whenever you call out "*Ready to Sing!*" this is the position they should take.
- Make a quick game out of this: Tell the class to sit like they are lazy on the couch at home watching TV. Then say *Ready to Sing!* and watch as they pop up into position. Repeat a few times between "*lazy on the couch*" and "*Ready to Sing!*"
- Compliment them on how professional they look!
- Instruct the class: *When I say "go", using the sound "Ahh", I want you to sing from your highest note all the way down to your lowest note in 10 seconds. Ready...go!* Do it with them, counting down with your fingers 10 to 1.
- You can joke they sort of sound like a robot powering down =)
- Tell them we're going to do it again, but this time in only 5 seconds.
- Then 3 seconds.
- Have the students place their hands on their stomachs and shout "Ha!".
- Explain that this is where the "good air" for singing comes from. They should feel their bellies bounce.
- Introduce Vocal Warm-Up #1 below, an arpeggio on the word "Ha!" [[Music Cue #8](#)]

Throughout this book I will be introducing and repeating a variety of vocal warm-ups. Feel free to mix and match as desired based on the age-level of your students and what they respond to. And of course you can add your own as well! You can see all the vocal warm-ups on Pages 60-61 in the bonus section.

We will go more in depth with proper singing technique in Lessons 5 & 6.

*Keep repeating a half-step higher, 4 or 5 more times.*

- *Now our bodies and voices are warmed up and we're ready to learn.*