

Warming up cheat sheet

***HELP! I'm busy! This week I can't do all of the stuff or go over all of the hand outs!
What should I do?***

Firstly-well done for doing anything. Doing anything at all is VICTORY. Secondly, if you have a few days that don't go to plan – Don't lose momentum! Pick up again as soon as you can. I can give you the best information available, but it is meaningless if you don't put it into practice.

Even if you're not sure you understand what you're looking for in a given exercise, provided you're not straining, what you discover through doing it will be a really important part of how you learn. See how many of these you can do. If only five mins, just do the first two.

Don't be put off by feeling uncertain, by not liking what you hear, or by trying to 'sound good.'

- Some humming or buzzing. This just keeps things fluid and keeps you engaging with using your voice and getting better and better at sliding, and it's gentle. If you can only do five mins of this, at least you won't go backward.
- Then-lip rolls.
- Then sliding – Aaa ooo aaah, aaaaa-a-aaa, chin down
- Nay nay nay
- Tongue flaps, if you've got that far.

These might only take a couple of minutes each.

You can match the exercises with different audios, so you can choose to do them over five notes, or an octave, or an octave and a half.

Always use the 50 20 80 principle for the very first noises you make – which is to start about half way into your comfortable range, slide down to about the bottom 20% and then up to 80%. So you're working from the middle down and then up just to wake things up.

Depending on what you're working on individually, tweak the exercises as you go through the weeks of the course (eg - could be to confidently slide up-in which case go directly for Ooos; could be to develop more effective cord closure, in which case use a 'goo' sound; could be to get more power in chest voice, in which case include one or two from the set we looked at to develop that).