



Here is a 10-minute vocal warm-up routine that you can follow:

1. Lip trills: Start by making a "brrr" sound like a motorbike while keeping your lips relaxed and open. Do this for 30 seconds.
2. Humming: Hum a simple tune or a scale, focusing on keeping your jaw relaxed. Start at a low pitch, gradually increasing the pitch and volume over 30 seconds.
3. Tongue twisters: Say tongue twisters such as "red lorry, yellow lorry" or "she sells seashells by the seashore" for 30 seconds. This helps warm up your articulation muscles.
4. Sirens: Start with a low pitch, then gradually increase the pitch while making a "woo-woo" sound like a siren. Do this for 30 seconds.
5. Vowel sounds: Sing different vowels such as "ah, eh, ee, oh, oo" in a comfortable range, keeping your jaw relaxed. Do this for 1 minute.
6. Scat singing: Improvise a scat vocal line, focusing on rhythm and sound. This helps warm up your voice and get your creativity flowing. Do this for 2 minutes.
7. Voice projection: Stand tall, take a deep breath and project your voice, saying a simple phrase such as "Hello, I am ready to sing." Repeat this 3-4 times.
8. Deep breathing: Take 3-4 deep breaths, filling your diaphragm and exhaling slowly. This helps to oxygenate your body and calm your mind.

By following this routine, you will be ready to start singing or speaking with a warm and healthy voice.

For further information or to book a workshop contact

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