



## Vocal Warm-Ups

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*Below are some warm-up ideas for home. Try practicing these 1-2 times daily.*

Head/Neck stretches:

Stretch head and neck by doing slow turns left/right, up/down, ear to shoulder, etc.

Hums:

Sustain a hum for as long as possible. Hum at a comfortable low, mid-range, and high note, 3x each.

Place one hand on chest, one hand on belly. Deep breath in and start humming as soon as you start to exhale. Hold the hum for as long as possible. Use a timer or count on fingers to help show Samson how long he has gone.

Tongue/Lip Trills:

Keep hands on chest and belly. Deep breath in and start trill immediately on exhale. Hold trill for as long as possible. Use a timer or fingers to give Samson a visual for how long he has held. 3x. The goal is to hold for as long as possible with minimal breaks.

"No" Glides up:

Keep hands on chest and belly. Deep breath in and start "no" low immediately on exhale. Glide "no" from low to high and hold for a few seconds at the high. Glides do not need to be super long and the range doesn't have to be wide. Goal here is a smooth glide up with no breaks. Do this a minimum of 3 times but maybe more if that is needed to make the glide smooth.

"No" Glides down:

Keep hands on chest and belly. Deep breath in and start "no" high immediately on exhale. Glide "no" from high to low and hold for a few seconds at the low. Glides do not need to be super long and the range doesn't have to be wide. Goal here is a smooth glide up with no breaks. Do this a minimum of 3 times but maybe more if that is needed to make the glide smooth.