

# VOCAL WARM-UP

**Grade:** K-12  
**Goal(s):** To establish a warm-up routine for the voice.  
**Materials:** None

## DESCRIPTION:

A vocal warm-up gives the actors a focused beginning to each rehearsal and builds ensemble.

## INSTRUCTIONS:

### Roll Down:

1. Establish a comfortable standing position, legs slightly bent, space between the feet.
2. Have the actors slowly roll down, leading with their heads.
3. Once the actors are bent at the waist, make sure their heads are hanging and loose, eyes focused, through their legs, behind them.
4. From this hanging position, ask the actors to breathe in and out.
5. Guide the actors to slowly return to their standing positions.
6. Following the above, the actors roll down and back up with a series of verbalized "ha-hums."
7. Repeat Step 6 with a sustained "ha-hummmmm."
8. Repeat Step 6 with a sustained "ha-hummmmm" followed by gently bouncing the body from the bent position.

**Eat Your Face:** This activity is a large, over-articulated "chewing" that energizes the facial muscles.

**Motor Boat:** The actors mimic the sound of a motorboat through a combination of humming and rolling of the lips.

**Tongue Stretch:** The actor stretches out his/her tongue trying to touch his/her nose, ear, and chin.

**Siren:** Using supported voice (not yelling or screaming), the actors modulate the volume of their voices on either an "aye" or "oh" sound.

## SUGGESTED VARIATION(S):

- Add new warm-ups, but practicing an established routine is an important actor ritual.
- **Raising The Bar:**
  - Place a pencil in the mouth and recite a poem.
  - Let the actors take turns leading the warm-up.



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