

# Your Easy, No-Stress Vocal Warm-Up Guide

Your voice is like any other muscle—it **works best when it's warmed up**. Whether you're getting ready for a meeting, stepping on stage, or just want to **sound clear** and **confident**, a quick warm-up can make all the difference.

## 1: Check In With Your Body

Your voice doesn't start with your throat—it starts with your **whole body**.

- Stand or sit **comfortably** with your feet planted on the ground.
- Take a **deep breath** and notice where you're holding tension—shoulders, jaw, neck? **Let it go.**
- Feel your breath **expand** into your ribcage and belly, then release it slowly.

## 2: Loosen Up With Stretching

A relaxed body = a relaxed voice.

- Stretch your arms overhead, out to the sides. **Feel the length in your spine.**
- Gently roll your shoulders forward and back.
- Keep breathing deeply, **staying aware** of any tightness.

## 3: Wake Up Your Body

Get your blood flowing and your voice **activated**.

- Lightly **tap your arms, chest, belly, hips, legs, and back up**. This wakes up your **breath and vibration**.
- Shake out your **hands, arms, legs—your whole body**. Keep it playful and loose.

## 4: Add a Touch of Sound

Let's start bringing in your **voice**.

- Take a deep breath and **sigh out naturally**. Let the sound **flow out effortlessly like a sigh of relief**.
- Try a soft **“Ha”** sound, feeling your belly support the voice (belly muscles soft so the breath can drop into the diaphragm).
  - Ha
  - Ha ha
  - Ha ha ma ma ma
  - Ha ha ma ma ma la la la

## 5: Lip Trills = Magic for Your Voice

- Blow air through **relaxed lips** until you get a soft, **buzzy vibration** (like a horse sound 🐎).
- This helps **release tension** in your face and connects breath to sound.

## 6: Rolling Down the Spine (With Sound!)

- **Inhale deeply**, then slowly roll your body down, one vertebra at a time.
- As you roll, **let out a sound** (like “Ha”) and let the pitch slide from high to low.
- Roll back up and repeat.

## 7: Find Your Resonance (Where Your Voice Vibrates!)

Your voice has **built-in speakers** in different parts of your body called resonators. Let’s activate them!

- **Chest resonance** (rich & deep): Place your hand on your chest, sigh out “Haaaaa” and feel the vibrations.
- **Mouth resonance** (clear & crisp): Focus the sound forward, **tickling the roof of your mouth**.
- **Nasal resonance** (bright & buzzy): Wrinkle your nose, drop your head slightly forward, and sigh out “**Heeeeheee.**”
- **Put it all together!** Shake out your body while voicing a playful “**Hey!**”

## 8: Sharpen Your Speech with Articulation Drills

- Be be be be ba bay bay bay ba ba ba ba ba ba
- De de de de da day day day da da da da da da
- Buh-de-guh-dah buh-de-guh-dah buh-de-guh-da
- Pa-tee-kah-tah pa-tee-kah-tah pa-tee-kah-tah pa-tee-kah-ta

## 9: Have Fun with Tongue Twisters!

Now let’s **challenge your clarity** and keep it playful! Try these:

- "Red leather, yellow leather."
- "Unique New York."
- "She sells seashells by the seashore."

Start **slow and precise**, then **speed it up!**