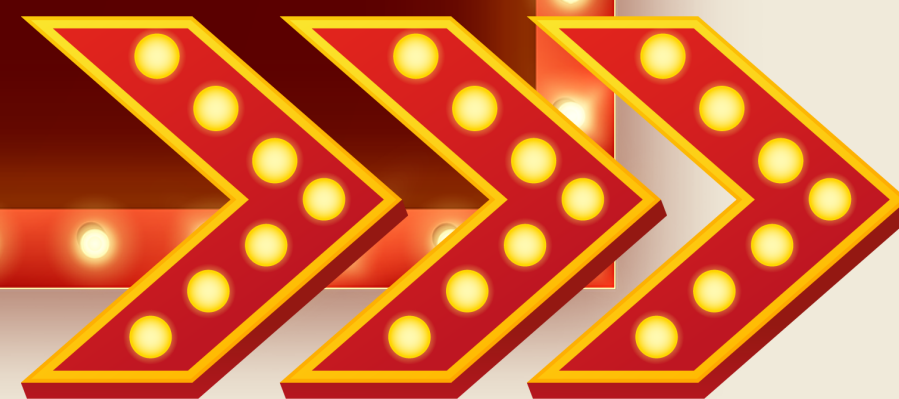




THE
MUSIC
ACADEMY

WARMING UP

LEVEL 1



Your Goal

Complete these warm ups to loosen
up your vocal cords before singing!

Focus on:

Taking large deep belly breaths.
Using your diaphragm for support.

Hiss/Buzz/Vv

Breathe in and then out slowly making

the following sounds:

Hissing noise (like a snake)

Buzzing noise (like a bee)

Vv noise (like a vacuum cleaner)

Lip Twirls

A little bit like blowing a raspberry on a baby, you blow bubbles through your lips to create a clearer sounding voice!

Top Tip: Blowing bubbles through a straw into a drink can work too!

Humming

Keeping your lips closed, hum along to a piano scale or tune. Be aware of breath control and diaphragm support!



THE
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ACADEMY

WARMING UP
LEVEL 1
COMPLETE

**GREAT
JOB!**