# FABULOUS WARMUPS for CHOIRS

1) **Count** 987654321, 87654321, 654321, 54321 ... etc. whilst touching:

   9. Head, then 8. Shoulders, 7. Ribs/Chest, 6. *CLAP*, 5. Waist, 4. Thighs, 3. Knees, 2. Calves, 1. Toes

   - Build tempo with each repetition as the singers become more skilled.
   - Remember to keep singing out!

   Repeat in reverse!

2) **Electricity** – starting in the fingers, hands, arms transfer to other side, rest of body

3) **Stretching** – arms, neck, shoulders, up then down

4) **Feet flat but lean rest of body one way then other**, then lean forward (balls of feet) and back (heels) then stop (tall)

5) **Empty air 'pshshshsh…….** (with rolling hands) - hold empty - then mouth open to fill up. Hum any mid range note and follow conductor's hand, then 'n' siren going up and down (ambulance)

6) **Encourage students to lead conducting**. Hum again and student conductors nominate which hand to follow

7) **Sing on upper C 'miniminimaaaa** _____ on one pitch, repeat each time on the next pitch of a descending major scale

8) **Repeat, raising starting note** by one semitone each time. Discover and gently extend the comfortable pitch range of your choir

9) **Yes I am/No you're not** – using open tone, from upper C (first phrase) to middle C (answering phrase), a one octave leap, with hand gesture to indicate high and low. Repeat, ascending by semitones.

10) **Repeat exercise** using nasal tone 'Yes I am' and open tone for 'No you're not'. Repeat, reversing the tone.

11) **Sing an arpeggio** with hand hestures to follow pitch, to 'Ha ha ha ha (ascending) ha ha haaaa' (descending)
    Roll hands to show where most air is used (i.e. at the top) repeat a semitone higher each time

12) **Repeat** above, this time also 'lengthen your neck' with air usage

**More Fabulous Warm-ups and brain breaks!**

1) **Follow actions to rhythmic CD** e.g. Afro

2) **Follow actions delayed** by 4 beats

3) **Dominant descending** to tonic e.g. upper C to F : 'Yee yee yee yee yaaah' – using fists at chin then arms spread for 'Yaaah'
   Repeat exercise ascending a semitone at a time

4) **Repeat exercise without arm movements** and looking at next door neighbour

5) **Repeat exercise with one half choir turned to look at other half**, ascending by semitones

6) **'Yoo hoo __it's me_____**
   Slide to upper E to C, then down to middle C. Repeat, ascending by semitone.

7) **Sing from upper C to middle C**
   Ping pong, ping pong, ping pong, ping pong,
   Repeat using bing, sing, ting etc.

8) **My Bonny Lies Over the Ocean** (find online)
   Sit/stand on 'B' words – (extension would be to clap on 'O' words too!)

9) **Say 'Boom chikka boom'**
   Invent dynamics, tempo, tone and pitch.

10) **Half choir draw rainbow in air** while other half complete phrase – gives an idea of length and how much breath needed.

Be creative and adapt or interpret these fabulous warmups to suit your skill, knowledge and style, and of course, your singers!

ENJOY!