



VOCAL WARM UPS

COMMON TERMS IN THIS VIDEO



WARM UPS

A way of getting our voice, or body ready for practice or performance, helping us to sing correctly and for a longer time.



HYDRATION

Drinking plenty of water. We need to be well hydrated for our voice to be at its best.



VOICE STRAIN

Hurting or over using your vocal cords through yelling or screaming. Vocal warm ups help prevent this.



PITCH

On pitch means being in tune and hitting the right note. Not being too high - or sharp - or too low - or flat.



DIAPHRAGM

The muscle below our ribs that controls our breath. The stronger our diaphragm, the longer our note can be and the better pitch (tune) control we can have.



HARMONY

2 or more different notes sung or played at the same time.

HINTS & SAFETY

- » Drink plenty of room temperature water before singing, during vocal warm ups and performance.
- » The shape of our mouth. Try out different sounds to find your style.
- » The higher the note the wider your mouth needs to be open.
- » Sing low till you can gently make your way to the higher notes.
- » Harmonies are a good way to train your ears and voice for pitch eg - 2 parts (2 voices) 3 whole notes apart (3rds).
- » Practice singing harmonies with friends or join a choir. It's a good way to train your ears and voice for pitch.
- » Stand tall with your hands by yours sides and feet firmly on the ground taking big breaths from your diaphragm.
- » Smoky and dusty places dry out our voices. This makes it even more important to drink lots of water.



To watch the videos use this QR code or [click here](#)