

Building warm ups



★10 Hey ho! *Feeling different pulse levels*

Clap/step/travel a steady crotchet/quarter note pulse. At vocal signal 'Hey', change to clapping/moving twice as fast (quaver/eighth note); at vocal signal 'back', return to the crotchet/quarter note pulse; at signal 'Ho', change to clapping/moving twice as slow (minim/half note). Try this accompanied and then, once confident, unaccompanied.

★11 Inner pulse game *To internalise the pulse*

Ask the group to take a walk with the beat of the music. When the music stops, keep the pulse going by moving different parts of the body (un-sounded), standing in place until the music resumes. Add the voice to this exercise using consonant sounds to mark the pulse ('T', 'D', 'B').

Use the backing track from the song you are working on

★12 Numbers up! *To internalise the pulse*

Walk a steady crotchet/quarter note pulse. The leader calls a number and on the next beat the group stop travelling and stretch their bodies in different ways for the number of beats called, and then resuming walking immediately in time and with precision. Try this adding vocal sighs, yawns and long vowel sounds as they stretch.

Use the backing track from the song you are working on

★13 Musical sculptures *To feel different groupings and time signatures*

The Singbook songs explore a range of different time signatures. Travel the pulse that you hear, and clap on the first beat of each grouping to indicate the meter. Move with the music of the song you are working on, striking different shapes/sculptures on the downbeat. Then take it in turns in the group to vocalise with the shapes.

Use the backing track from the song you are working on



★19 Another and another *This is good for articulation*

2 **52** Before you sing, try the words:

- in a whisper
- mouthed, with no breath

Try it also with 'Birds are fish and fish are birds' and 'Cities turning into words'. Really enjoy the sensations and shapes when moving the lips and tongue to enunciate these tongue-twisters. It also works as a four-part round (starting at *) 2 **53**

$\text{♩} = 84$

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★20 Yoo-hoo! *Placing head and chest register*

Look at focus 1 (see ★9) and imagine you can see a long-lost friend across a crowded supermarket – throw your arm and voice across three aisles with a 'yoo-hoo' at the top of your range. Feel your voice in your boots as you then say 'it's me!' at your lowest pitch. This exercise is wonderful for finding high notes in a safe, quasi-operatic style. It makes everyone laugh and helps boys with changing voices to access their falsetto. If ever you have a problem getting a good sound in the higher sections, try singing a quick 'yoo-hoo' to place the voice safely and with rounded tone.

