

Vera 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.

★17 Faces: wake up! *To release tension and allow good resonance*

- Make a small face (screw up all the muscles into the middle)
- On a clap, make the face as big as possible (wide open mouth, eyebrows lifted, etc.)
- Place fingers on the 'hinge' of the jaw and feel the degree of movement when opening and closing the mouth.
- With a yawn, stretch the arms and enjoy letting out a sigh sound on different vowels.
- Pretend to be chewing gum with an open mouth, loudly and quickly –feel those lips, tongue and jaw wake up.
- Practise the words of the song you are working on, exaggerating the mouth movements: notice what the mouth-shapes feel like. This is particularly useful for songs in an unfamiliar language.

★18 Faces: morphing! *To achieve an expressive, mobile face when singing*

Think of contrasting facial expressions – happy/miserable, laughing/crying, shocked/ sleepy, etc. Imagine the face is a piece of rubber being slowly transformed in slow motion, from the first expression into the second. Change expressions over eight beats to get really exaggerated expressions; and then quicken to four and then two beats to get quick, clear reactions. Ask for volunteers to show the group their morphing; the group must name the expressions.

★22 Ah! Oo! *To make a good legato sound*

- 2 **55** Create a smooth, flowing sound, keeping voice placement consistent while experimenting with different qualities of the vowel sounds.

♩ = 120

G 2 Em

Ah oo

G Em

ah ee



★23 Flying high *Finding the head voice*

2 56 Sing this sequence with light, head-tone and keep the vowels open.

♩ = 120
A 4 Bm⁷ F#m⁷
High, I'm fly - ing;— high, I'm fly - ing;— high, I'm fly - ing;—
E D E⁷ A
high, I'm fly - ing;— high, I'm fly - ing;— high, I'm fly - ing;— high!

★24W Human xylophone game *To assist with developing and tuning the ear to the scale*

Set up a human xylophone with your group! Line people up in groups of five to eight, and give each person a pitch in the raag, scale or mode of the song you are working on. 'Play' the xylophone by conducting and indicating a person to sing. Do this in sequence first and then create your own patterns and exercises. Two conductors can create fun two-part sequences.