

Choral Warmups for Children

Posture/Relaxation

Breathing Management--blowing into the palm of the hand; blow through a straw; pant like a puppy; inhale through the nose over 4 beats, control the release--expand counts

Connect breath to sound: ch ch ch ch ch---; p t k f s sh

Yawn-Sigh--look for varying qualities, colours--siren, hoot owl

Sound should be light and lifted;
Listen for ease/consistency in legato;
Listen for lightness into lower pitches;
have choristers place hand to tip of nose=
keep all the sounds perched above the hand

Listen for heady, focused tone;
clarity of articulation, and precise
tuning; sing lower pitches lightly; shape
the 'oo' vowel...round it out; point the
finger up and out

Listen for clarity, precision, forward
placement of the tone

1 *p* Hm or oo **2** *p* la la loo **3** *p* Ming ming ming moh

Listen for a light, hooty,
heady sound;
expand up

Listen for consistency in tone; a beautiful legato assisted by
steady column of air; sway side to side gently

4 *p* hoo hoo hoo ... **5** oo

This is for legato; feel free to go very slowly, and
exaggerated the connection from one pitch to
another --a slide or scoop is acceptable; place
hands on front and back of torso to feel the connection
with the diaphragm

Listen for consistency vowel
production and blend; keep the
vowels in the same tunnel of
sound; sing in thirds, triads.
have choristers move the air
horizontally with the hands

Listen for agility, clarity. Keep the tone
light and bright. Smile, laugh! This helps
to lift the soft palate.

6 hmor zz_ **7** ee aye ah oh oo **8** ee ee_ aye aye_ ah ah ah

Aim for vocal agility; rapid and smooth change in register; lightly articulated; better for older children

9 *mf* ah ah_ *f* *mf*

Sung to tonic-sol-fa syllables. Aim for clarity and precise tuning. After this is mastered sing vowels alone.

10 Listen for round vowels that have resonance. Especially listen for consistent tuning. There are some vowels that want to pitch
The pattern can be reversed beginning on low 'do', can be sung in canon at one measure; also descending and ascending patterns sung
simultaneously

Do do ti doti la do ti la so do ti la so fa do ti la so fami do ti la so fami re do ti la so fami re do