

# Making Warm-ups Fun and Productive

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## Handout

### Set the Tone! Have Fun while learning!

Use Movements!  
Sing in Rhythm!  
Use Dynamics!  
Use the Four Elements!  
See and confirm!  
Add Emotional Expression!

### Warm-up areas that needs to be covered

Body balance and alignment  
Breathing/support  
Phonation  
Resonance  
Articulation  
Register  
Vowels, placement and colour

### Basics

The warm-ups should activate both our **physical** and our **mental** process.

Encourage **focus** and **attention**. Look at the warm-up as an important voice lesson.

Try to match the **choices** of exercises with the current needs your chorus/part is having. Be **time-efficient** and let the warm-ups become a part of what you are working on.

Use **contrasts** to build knowledge around the vocal language: legato/staccato, soft/loud, pointed/round, dark/bright, happy/serious and so on. Let them try extremes.

**Always DO first! Steps:** 1. Demonstrate the exercise. 2. Let them imitate. 3. Do it again and enhance the purpose.

A clear message will get a clear response. Describe what the purpose is with each exercise but not until you have shown it and let them try it!

### Your role

Remember that you are a **role-model!** What you give is what you get! Your voice/style is what they will imitate.

Be aware of your **body language**. The chorus easily mirrors what you send. Do you know what signals you are sending out?

Be a **coach** of the sound in the warm-ups, always enhancing the positive efforts and showing them by constructive guidance what you want them to achieve. Use your hands (direct) to enhance the purpose of the exercise.

### Build the vocal team!

Ask the chorus to always **participate** with moves and initiative! Spend time on loosing up knees, thighs and pelvis area. This has such a huge impact on the breath support.

Let the members **communicate** and open the ability to **match** and integrate by singing to each other in pairs or in groups. Build the team feeling already from the beginning.

Remember to set the "stage" not only for the sound but also for **expressiveness** and communication through face and body language.

### Statement

There are no perfect or poor warm-ups. There are only perfect or poor ways of doing them!