

QUICK VOCAL WARMUP

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5 MINUTES

Here's a fast vocal warmup to help if you often stumble over words or phrases.

LISTEN

Check in with your breath. Listen to where your breathing is at in this moment. Even if just for a few seconds, listening helps you slow down, stay calm, and focus. *insert Jedi Theme*

MASSAGE AND STRETCH

Taking deep belly breaths, massage your jaw hinge and anywhere there is tension in your body. Around your mouth, neck, shoulders, nose or cheeks. Roll your head down and gently from side to side. Reach up toward the ceiling with your hands and your chin, feel the space around your ribs widen.

YAWN

Try yawning once to stretch your mouth open. Yawn again with your tongue out. I like to scrunch-up the muscles in my face after this, too. Think raisin, or sour.

BREATH SIPS

Take a deep belly breath.

When you think you've inhaled to full capacity, take little sips of air so your lungs fill up just a little bit more. Hold it! Then release. Repeat. (My friend in a screamo band taught me this one!)

LIP TRILLS

Take a deep belly breath.

Exhale it through closed lips like an exhausted young parent looking at a child's mess. :)

1-2-3-4-5

Say out loud: "One two three four five. Five four three two one. One five four five three five two five one five four five three two one." Repeat. Eventually you'll be able to say it without reading.

TONGUE TWISTER

Say these aloud five times each. Chop your hand with each syllable. Have a specific point of view. "Girl gargoyle, guy gargoyle" "Which witch is which?" "Flash message!"

LIP TRILL (AGAIN)

I usually like to end with a lip trill and a laugh. ^_^ Sometimes a shrug and a "it's so easy" out loud. You can do this! I stumble over my words all the time. I just remember to slow down, relax, and love! Thanks for reading.

NOTES:

- Stay hydrated! Remember, water doesn't hydrate you immediately, so drink it throughout your day.
- Not all of these warmups help everyone, so if you have a favorite one that helps YOU, send it to me and I'll include it in the next PDF! @wardenwahl