**Vocal Warm-Ups To Try At Home**

**Breathing**

Deep breathe from your core by putting your hands on your stomach. Breathe in and out by pushing your hands on your stomach -a big Santa Belly when you bring the air in and a skinny whinny tummy when you breathe out. Try this 3x then try holding the air for 3 before letting in out.

**Why do we do this?**

For relaxation, lung expansion, projection (volume of our voices) and for better tone of our voice. Actors do not speak from their throats; this would damage our vocal cords. Actors speak from their core/centre of their body-this is called the diaphragm.

**Relaxation**

Using two fingers massage your temples, sinuses, jawline, front and back of your neck and back of your head.

**Why do we do this?**

For relaxation, to loosen up our vocal capabilities/range and improve our ability to take on a character.

**Articulation/Enunciation**

Try a classic tongue twister like “ The tip of the tongue, the teeth, the lips”; say it clearly 5x

**Why do we do this?**

Speaking clearly is essential. If you cannot be understood then there is no point in performing.

**Range/Pitch**

Imagine your voice is a rollercoaster. Hum each vowel sound and imagine it is a rollercoaster going from high pitch to low and back up again.

**Why do we do this?**

In order for actors and singers to hit high and low notes you have to warm up the range of your vocal capabilities.

**Characterization**

Try saying one based line like “What are you doing?” in a variety of ways-like you are scared, happy or sad.

**Why do we do this?**

We establish meaning of words based on the feeling or intention we place on them.