



Appendix II

Handy-Dandy Warm-Up Tear-Out Sheet

Full Body Warm-Ups

Yoga Stretch with Breath and Sound
Sirening & Movement
Floppy Twist
Neck Roll & Face Stretch
Floor Stretches and Vocal Warm-Up
Side Stretch
Neck, Jaw and Face Massage

Voice and Breath Warm-Ups

Sss-sss-sss-sss-sss-sss-sss
Beginner's Mind — Beginner's Voice
Improvising With a Drone
Doodling Around Home Base
Listening and Responding Expressively
Heys
Sirening
Lip Trills with Sirens
Hum on a Vvvvvvvv Shape
Hum with Your Tongue Sticking Out
Babbling With Articulation

Ear and Voice Tuning Warm-Ups

Sing a Song You Like
Sliding and Improvising Against a Drone
Sing (And Repeat) Random Intervals
Sing What You Play
Sing Parts of the Diatonic Scale
Sing Variations of 1-3-5-8
More 1-3-5-8 Variations
Sing 1-3flat-5 (From the Minor Diatonic Scale)

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