

Madame Butterfly Children's Chorus

Warm-ups

- 1 Warm up your face
 - a. Rub face, tap it lightly: forehead, temples, cheeks, upper lip, jaw.
 - b. Talk with tongue hanging out
 - c. Roll 'R's
 - d. Blow raspberries

- 2 Breath/Diaphragm
 - a. Quick Pant for 10 seconds, tongue out, like a dog on a hot day
 - b. *shh , shh , shh , shh Shhhh*
(Non-vocalised, one a second x 4, two a second x 4; hold last note for 4 seconds)

- 3 Tone
 - a. Whimpers for 10 seconds
 - b. Sirens
 - c. *My mother made me...* up five semitones, mid voice

- 4 Flexibility
 - a. *Ma-yo, ma-yo, ma-yo, ma-yo-naise* :starting on A
(up seven semitones and down again = 15 *ma-yos*)
you can also sing *ne-oh*, which gives a different colour to your sound.
 - b. Half scale through 'raspberry' lips ('brr') Up 7 semitones
 - c. *It's a beautiful day* arpeggio, starting on Bb; up four semitones and down again (= 9 arpeggios).

Take some minutes to do these warm-ups. Listen to your sound.