

Breathing Exercises

Belly Breathing

Take lovely long slow breaths from the belly

AH

Inhale and raise your arms up, bringing them down slowly with an AH
Repeat, seeing how long you can extend the breath for.

Counting Breath

Breath in and out for a count of 4 – 8 – 12

SSSSnake Breath

Breath in deeply then exhale slowly on SSSSSS

Can be repeated on SHHHH

Floppy wrists

Breathe in drawing the hands up with floppy wrists until the hands are upright. Breathe out and bring the hands down again.

Pursed lip breathing

Inhale drawing the breath in slowly as though through a straw

Exhale with pursed lips – may create a whistling sound

Swimming

Breathe in and push your arms out in front as if swimming

Breathe out and pull arms back with a SSSS, repeat with a SHHH

Posture Check

Good posture supports healthy breathing – sitting or standing upright, check through the major joints of your body – shoulders, ankles, knees, hips – making sure your balance is not too far forward or back but well positioned. Keep the chest open and soft, shoulders relaxed with feet flat on the ground – avoid crossing or twisting the body when singing.

Arms, Shoulders, Neck

- Swing and rotate arms
- Elephant arms – sway with chin to shoulder
- Raise shoulders, let go
- Roll shoulders backwards & forwards with creaks
- Shimmy! 😊
- Climb up to a cliff edge – hang there then flop over, uncurling your back gently up again.
- Take arm across body support in opposite hand
- Roll neck both ways
- Tilt head to each side to stretch the neck
- Massage neck/ throat

Tummy

- Rub and relax your tummy muscles - MMM
- Place one hand on your tummy and one on your chest – make sure the lower hand is moving, the upper hand is still
- Sing MM and OH from the belly on low notes
- Say a low HOHOHO like a pirate from your belly

Ankles

- Rotate ankles both directions
- Flex foot up and down

Knees

- Rotate knees both ways
- Breathe in and lock knees back, breathe out, relax with a sigh

Head and Face

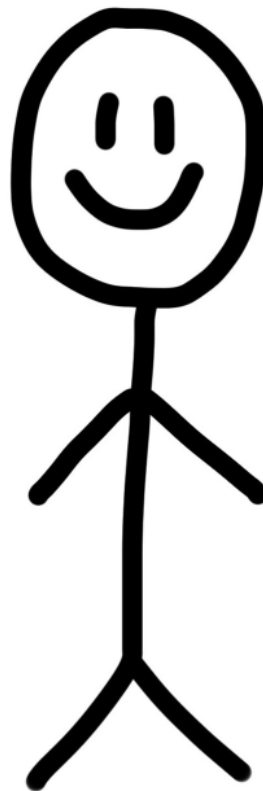
- Yawn. Massage your jaw and cheeks
- Play tunes on your lips
- Horseblows
- Chew toffee
- Small face/ Big Face
- Pufferfish face with sliding notes
- Fingertip tap raindrops on the scalp with consonant sounds
- Bright eyes – raise your eyebrows

Diaphragm, chest, mid torso

- Laugh - Ha hee ho 😊
- Sing HA HA HAAAAAAA
- Gentle panting
- Twist side to side
- Side stretches
- Surprised breath !!
- Chicken wings – inhale elbows in, exhale out
- Inhale hug yourself, exhale open with an AH
- Take arms behind sing AH

Hips

- Rotate hips both ways using a OOH sound
- Rock pelvis forwards and backwards like a duck quack quack!
- Tip hips side to side (teapot)
- Do the twist! 😊
- Sit into hips, upper body free like a monkey



Feet

- Massage the soles of feet by rolling side to side, heel to toe.
- Plant feet firmly in the middle
- Inhale from feet to head and Exhale from head to feet.

Vocal Warm Ups

Shakeout

- Shake out whole body whilst releasing sounds freely

Slides

- Slide from low to high and back down again using vowels
- Slide on Zz, Vv, Jzh,
- Slide using and NG sound as in SING

Scales

- OO-EE – slowly first, then faster using one breath per scale
- Power Scales – POW with your arms up and down the scales

Arpeggios

- I Like To Sing in The Bath – ascending using different voices
Cockney/ Opera/ Mary Poppins/ Breathy/ Wicked Witch (Nasal)

Warm Up Songs

My Bonny Lies Over the Ocean

Move hands up or down on each word beginning with B

The Grand Old Duke Of York

Sing without the Ups/ Downs/ Both

Sing using a clap for Up and a Stamp for Down

Tongue Twisters

Popacatapetal copper-plated kettle

A proper cup of coffee from a proper copper coffee pot

Cricket wicket critic

Red lorry, yellow lorry

Peter Piper picked a peck of pickled peppers.
A peck of pickled peppers Peter Piper picked.
If Peter Piper picked a peck of pickled peppers,
Where's the peck of pickled peppers Peter Piper picked?

Mr Mick's mixed biscuits

Chop shop stock chops

A box of biscuits, a box of mixed biscuits and a biscuit mixer!

She sells sea-shells on the sea-shore.
The shells she sells are sea-shells, I'm sure.
For if she sells sea-shells on the sea-shore
Then I'm sure she sells sea-shore shells.

Wade went to Wales to watch wrens riot

Irish wristwatch

I am not a pheasant plucker, I'm a pheasant plucker's son
But I'll be plucking pheasants, When the pheasant plucker's gone

Six sick hicks nick slick bricks with picks and sticks

Seventy seven benevolent elephants

Stupid superstition

An annoying noise annoys an oyster, but a noisy noise annoys an oyster
most

Papa's Got a Head Like a Ping Pong Ball – tune William Tell Overture

I split the sheet and the sheet split me - tune William Tell Overture

Swan swam over the sea, Swim swan swim!
Swan swam back again, Well swum swan!

Piggy pig, dog dog – to the tune of the Hornpipe