**Pre Singing Exercises**

**Easy & fun vocal warm-ups that children of all ages could try:**

* STRETCHES. Since you use your whole body and you have to be in good physical condition to **sing**, you should start your **warm-ups** by doing some simple body movements. Give your body a shake and jiggle about to loosen up your muscles...
* BIG SIGHS/YAWNS/.
* SIRENS.
* LIPS TRILLS/RASPBERRIES.
* BREATHING/**BREATH CONTROL**/could use a straw/chewing motion as you practice….
* COUNTING **WARM-UPS**/WORK THROUGH THE SCALES.
* TONGUE TWISTERS/ROUNDS.
* **SINGING** THE ABC'S.

These are some of the exercises that singers do daily and again within an hour or two of performing.

The exercises can take about 20 to 30 minutes to complete.

Having good breath control will help you with the control and volume you produce during singing.

Have fun and enjoy singing.

Here is are a further two links that may be good to look at and can give you ideas...

[https://improvesingingonline.com/vocal-warm-ups-for-kids/#breath](https://improvesingingonline.com/vocal-warm-ups-for-kids/" \l "breath)

We may also want to look at sign sing along and learn other ways of singing with each other.

https://www.google.com/search?client=firefox-b-d&q=signing+time+sing+along

Thanks

Mrs Farquhar