



Quick & Dirty Warmup

- 1) Deep breaths from your diaphragm into your back/belly - don't move your shoulders! x3
- 2) Exhale and find the spot where you engage your voice on a "Hhhhhhh-aaaaaaaaahhhh"
- 3) Bring your breath through your nose on a "Hah-hummmmmmmmm-mah"
- 4) Same as Step 3 but feel the vibrations gather on your lips and try moving the sound around and "chewing" before releasing, send the vibrations up into your head and then down into your chest
- 5) Three Stooges for your resonators: Why I Oughta, Ya Wanna Cigar?, Bang Zoom To The Moon!
- 6) Release your jaw
"The Scream" – pull flat palms down the sides of your face
"The Rollercoaster" – clasp hands together and shake vigorously with your jaw open, loose and wobbling
- 7) Write your name in cursive with the tip of your tongue
- 8) Warm up your articulators
 - a. buh-duh-guh-duh/kuh-tuh-puh-tuh
 - b. red leather yellow leather
 - c. tongue twister of your choice
- 9) Motorboat sounds with your lips up and down the scale as high/low as you can go

(Psst - you can follow along with me while you warm up: <https://youtu.be/cjlqgh6pa1A>)

Now you're ready to connect, communicate and
be your most authentic self!

Now connect with me!

Join my mailing list for more great tips and videos: vocalconfidencetraining.com/subscribe

Join my group facebook.com/groups/vocalconfidence for free daily coaching

Follow me on LinkedIn: linkedin.com/loudandclaire

See more of my offerings at www.vocalconfidencetraining.com