

Warm-ups

1. Physical – Paint pots

Imagine you have either a palette of different paints or some paint pots at your feet. Use your brush to paint an imaginary landscape/ items in the room/ trees/ plants in the garden

2. Vowels – Rainbows

Draw rainbow colours sliding through the vowels of colours

(eg. Red, Green, Blue, Orange) Use your arms or hand to show the shape of the rainbow and try and extend the siren each time.

3. Stretching the voice – Over the Rainbow

Use the first 2 lines of the song and stretch the voice up and over. Use your arms or hand to show the shape of the rainbow and on the words *Way up High* raise both hands/ arms up.

4. Stretching the voice – Bella Signora! (Beautiful woman)

Imagine being an Italian opera singer and through the voice out to someone across the circle. Give them a smile as you tell them they are beautiful!

5. Articulation/ tongue-twisters – William Tell tune

Invent any words or phrases which fit the rhythm - *Da da daaaa* (eg. Daffodil, Sunny skies, Fish and chips or names Judi Dench). How fast can you go?

6. Articulation/ tongue-twisters – Can Can tune

- a) Sing this on La la to exercise the tip of the tongue
- b) Then try Da da to exercise the middle of the tongue
- c) Try Pa pa to exercise the lips.