



Vocals From Home: The 3 Parts



Objective

Identify the 3 parts of the body we use most for singing

Procedures

Let's compare our singing voice to the body drum set, there are 3 levels that need to work together to make a backbeat come to life.

Identify the 3 levels for singing like this:

Sitting or standing:

- a. Place a hand on your abdomen, this is our "1"
- b. Place a hand on the front of your throat, this is our "2"
- c. Place a hand over your mouth, this is our "3"

Questions

1. What do these 3 parts do separately?
2. How could these 3 parts work together while we speak or sing?



Vocals From Home: Stretching



Objective

Get the body ready to sing!

Procedures

Sitting or standing:

- a. Focus on our "1"
 - i. Place hands on lower back and lean back just slightly, then back to sitting/standing.
 - ii. Then hands up overhead -clasped together- and take a BIG BREATH and bend to the left, then to the right. Then back to sitting or standing.
 - iii. Now hands in front of you with arms stretched, clasped together, relax your head forward and try to stretch those hands forward as far as you can.
 - iv. Move hands behind you, clasp hands together with arms stretched down toward the floor.
- b. Focus on our "2"
 - i. From sitting or standing, carefully drop head side to side.
 - ii. Feel a slight stretch on the sides of your neck.
- c. Focus on our "3"
 - i. Stretch your face!
 - ii. Think "surprise" and "sour" or "big chew bubble gum"

Questions:

Am I moving slowly enough to stretch safely?

How will these stretches help me sing?



Vocals From Home: Wake Up the 1s



Objective

Get your abdomen moving

Procedures

Let's focus on our body and pay attention to the abdomen!

- a. Slouch forward in a seated position.
- b. Take a few breaths and pay attention to how your body is moving when you breathe.
- c. Sound Effects!
 - i. Try making a sound like a car engine revving
 - ii. Turn the engine into a low siren or sigh
- d. Sit up tall (no more slouch) More Sound Effects!
 - i. Breathe in BIG and exhale with a "sh" sound as long as you can!
 - ii. Breathe in BIG and exhale with a "ss" sound as long as you can!
 - iii. Breathe in BIG and exhale with a "zz" sound as long as you can! (adding pitch)
 - iv. Breathe in BIG and exhale with a "jj" sound as long as you can! (adding pitch)
- e. Try timing it:
 - i. Pick your favorite pitched sound from above
 - ii. Breathe in for 4 beats
 - iii. Make that sound as long as you can!
- f. Ready for a challenge?
 - i. Breathe in for 6 beats and try again. The bigger the breath, the bigger the stretch and the longer the sound.

Questions:

Am I challenging my breath to last longer every time?



Vocals From Home: Wake Up the 2s



Objective

Get your neck and throat moving

Procedures

Let's focus on our 2's

- a. GASP! (notice how your throat opens?) Try this a few more times on your own.
- b. Gasp lightly and when you exhale try yawning until you run out of air.
(repeat gently, a few more times)
- c. Let's work on coordination:
 - i. Inhale lightly and gently say "uh oh" (repeat this a few more times)
 - ii. Inhale lightly and gently say "oops?" (repeat)
 - iii. Inhale lightly, close the lips and whimper like a puppy would. (Try whimpering up high, and down low.)

Questions:

How are my muscles feeling in my 2 space?

Does this hurt or feel uncomfortable in my body? (If yes, take a break!)



Vocals From Home: Pitched Warm-Ups



Objective

Add pitched sounds to vocal warm-ups

Procedures

Breathwork and Stretching are done, let's focus on the voice!

- a. Think like a cat!
 - i. Making the sound "mew" (really focus on the "m" sound here)
 - ii. Adding a pitch pattern (sing along with the piano or make a pattern of your own, I like this pattern)
 1. "1-3-5-3-1" = "mew-mew-mew-mew-mew"
 - iii. Move that pattern high or low to really stretch your voice.
- b. Want a challenge?
 - i. Try changing the words of your favorite song to "mew"
- c. Don't like cats? Try these sounds, using the same pattern from before!
 - i. "Money"
 - ii. "Yaw"
 - iii. "Caw"
 - iv. "Gang"

Questions:

Am I singing in a comfortable area of my voice?

Is my face relaxed while I sing?

Can I try making these sounds without moving my mouth or face at all?



Vocals From Home: Warming Up the 1s



Objective

Focus on the lips, teeth, and tongue when warming up our voices with the 1s and 2s.

Resources:

- Straw
- A glass or bottle of water
- A paper cup with a small hole poked through the bottom

Procedures

Grab your straw!

- Practice holding the straw between your lips without biting down
- Try vocalizing or humming through the straw!
 - Sirens are a good sound to make through a straw

Try it with a cup!

- Place the cup around your mouth and seal the sides
- Try vocalizing through the cup
 - Sirens are a good sound
 - Your mouth is free to sing words too! Try it with your favorite song

Choose your favorite prop!

- With either the straw or the cup try holding it in place
- Start humming and slowly remove the prop but keep singing. (see how strong your voice sounds without it?)
- Add the straw to a bottle or cup of water for added fun and resistance to help "massage" your voice by blowing bubbles while you hum.

Don't have a prop?

- Try trilling your lips
- Or Sticking your tongue out and singing through "raspberries"
- Or, if all else fails, try a "V" "Z" or "J" sound!

Questions:

Is my voice going through the straw/cup? Or Through my nose?