



Warm-up Guide

Quiet Warm-UP

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Quiet Warm-Up

Context

The quiet warm-up is useful when you're planning to sing a quieter song, or when a calmer atmosphere is needed in the group. It focuses on breathing and getting your mouth and vocal cords warmed up. It also helps you to pitch more accurately.

Take time on each part of the warm-up, repeating as many times as needed to suit the group you are working with. During the breathing warm-up, try to introduce counting to 4 when you breathe in and out, and then slowly increase the number of breaths.

A vocal warm-up is not just to warm-up the vocal cords but to also the muscles in your mouth. It's important to change the vowel sounds that you make, and the speed at which you change pitch to get both your mouth and vocal cords working.

In our accessible warm-up guides we use picture prompts alongside the words to the warm-up to help the group as they learn the song.

You can watch a full version of this warm-up being performed by one of our leaders [here](#).

Breathing



Nose

Breathe in through your nose










Mouth

Breathe in through your mouth



Pant like a dog

Vocal

	Low pitch sound
	High pitch sound
	Low to high sliding sound
	High to low sliding sound
	Quiet and high pitch fast sound
	Try some silly sounds whilst changing the pitch
	<p>What different laughs can you make?</p> <p>Like a pixie?</p> <p>Like a giant?</p>