

VOCAL WARM UP

Shine your Light
on the World!



ELISA DI NAPOLI

Vocal Warm Up

A little bit about myself...

Hi, and welcome to the Dare to Be Seen Tribe! Before getting into the nitty gritty of the vocal warm up let me just give you an idea of why I know what I know: I have been a songwriter (as well as a hypnotherapist and coach) for more than 20 years and I have had my fair of gigging around the world, recording in the studio and playing with different bands.

However, I am also an introvert at heart and I suffered with stage nerves and performance anxiety for many years. This led me to almost give up my passion for music for good until I found a way to feel confident on stage and to enjoy my performances!

My passion is to help you command the stage and magnify your presence so you can share your gifts with your audience and shine your light on the world!



If you want to find out more about my music you can listen here:

[Elyssa Vulpes Music](#)

[Try the Online Course!](#)

Vocal Warm Up

Welcome to this Quick Start Vocal Warm Up to prepare your voice for performing on stage. Let's get started! This warm up is only going to be around ten minutes but by all means, if you have more time, do spend a little bit more making sure your voice feels ready for your performance.

Tension release

- Vocal Tension Release

First of all, let's do a bit of a stretching upwards and let's use our voices. As you breathe in, stretch up as much as you can and allow your voice to be free. Tense your body while you look up. Breathe in and use your voice to express that tension. When you are ready to breathe out release the breath and at the same time let your body flop all the way down.

Allow your voice to express this release freely and when your head is all the way down and your body is relaxed, look down and imagine that all your tensions are on the floor where you can see them.

- Shoulder Stretch

Shrug your shoulders up towards your ears as you breathe in and allow them to down as you breathe out. Do this three times. Then rotate the shoulders in a circle backward and forwards individually and together three times each.

- Head Stretch

Move your head forwards and backward a few times. Then move the head from side to side gently. Let your head hang forward, open your mouth wide and relax.

- Face Stretch

Clench your teeth and neck muscles tight and then relax. Do this a few times. Now chew vigorously (with your mouth open) for a thirty seconds on so. Yawn, stretch and sigh. Screw your eyes up tightly and relax the whole face.

Humming

- Face Stretch

Now we're going to proceed to humming. Choose a comfortable pitch you are familiar with. Every time you breathe in, breathe through your belly, not through the chest. If you are not sure, plant a hand on your belly and as you breathe in you should feel it move out. As you breathe in imagine you are inflating a balloon and as you breathe out the balloon is deflating. Always use these belly breaths during the following exercises and keep your shoulders relaxed and down.

- Breathe in. Hum on an upward pitch slide. Breathe out
- Breathe in. Hum on a downward pitch slide. Breathe out.
- Hum and Siren on a low pitch (chest voice)
- Hum on a high pitch note (head voice)
- Hum up and down a scale of your choice.
- Hum to a song of your choice
- Hum on the vowels (A, E, I,O,U)

Tongue Trill

- Roll 'rrr' sound on a pitch glide up and down
- Roll 'rrr' and siren on a high pitch note
- Roll 'rrr' on a low pitch note

Raspberries

- Blow a raspberry on an upwards pitch slide
- Blow a raspberry on a downward pitch slide
- Blow a raspberry and siren up and down

Phvv Sound

- Purse your lips and make a phvv sound.
- Use the phvvv sound on a pitch slide up and down again
- Use the phvvv sound and siren up and down

Vocal Warm Up

Don't worry if you don't get the notes or the pitch perfectly right. Just going up and down is enough. When watching the video that goes with this pdf remember that if you are a man, or your voice is significantly different from mine you will have to change the pitch.

Use your chest voice first and then your head voice. When you are using your chest voice you will be able to feel the vibration in your chest. This typically happens with low-pitch notes. When you use your head voice the sound and vibration will come from the bones in your head. Pay attention and you will notice the difference by placing your hand on your chest and feeling it vibrate.

Tongue Twisters

Tongue twisters are a wonderful way to get your enunciation correct before you perform. If you've got your favourite tongue twister, just go for it. For these make sure, as per usual, to breathe through the belly.

Tongue twisters are a great way to practice and improve pronunciation and fluency. They can also help to improve accents by using alliteration, which is the repetition of one sound. You may think tongue twisters are just for kids, but they are also used by actors, politicians, and public speakers who want to sound clear when speaking.

Below, you will find some of the most popular English tongue twisters. Say them as quickly as you can. If you can master them, you will be a much more confident performer.

If you don't have time for a long warm up, just go for one tongue twister. Remember, your audience is listening to you because they want you to succeed. They are a mirror of you. When you enjoy yourself so they will.

If you want to know more about how to become a super confident and authentic performer on stage be sure to check out my Free Online Course by clicking on the link below!

[Try the Online Course!](#)

Top 15 Tongue Twisters

- Peter Piper picked a peck of pickled peppers A peck of pickled peppers Peter Piper picked If Peter Piper picked a peck of pickled peppers Where's the peck of pickled peppers Peter Piper picked?
- Betty Botter bought some butter But she said the butter's bitter If I put it in my batter, it will make my batter bitter But a bit of better butter will make my batter better So 'twas better Betty Botter bought a bit of better butter
- How much wood would a woodchuck chuck if a woodchuck could chuck wood? He would chuck, he would, as much as he could, and chuck as much wood As a woodchuck would if a woodchuck could chuck wood
- She sells seashells by the seashore
- How can a clam cram in a clean cream can?
- I scream, you scream, we all scream for ice cream
- I saw Susie sitting in a shoeshine shop
- Susie works in a shoeshine shop. Where she shines she sits, and where she sits she shines
- Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't fuzzy, was he?
- Can you can a can as a canner can can a can?
- I have got a date at a quarter to eight; I'll see you at the gate, so don't be late
- You know New York, you need New York, you know you need unique New York
- I saw a kitten eating chicken in the kitchen
- If a dog chews shoes, whose shoes does he choose?
- I thought I thought of thinking of thanking you
- I wish to wash my Irish wristwatch

[Watch the Vocal Warm Up Video Here](#)

Try the Dare to Be Seen Online Course

If you are serious about commanding the stage and magnifying your presence so you can share your gifts with your audience and shine your light on the world you have come to the right place. In my in depth course I will help you turn any stage nerves you may be experiencing into authentic confidence in ten easy steps

[Learn more](#)



[Try the Online Course!](#)

About the Author

Elisa Di Napoli is a holistic clinical hypnotherapist, NLP practitioner, empowerment and performance coach, author, and singer-songwriter. She specializes in helping performing artists command the stage and magnify their presence so they can share their gifts with their audience. Best selling author of “Dare to Be Seen” she has been featured on radio and podcasts, and her articles have been published on blogs and online magazines. Elisa's background in comparative religion, music, and acting allows her to offer creative strategies for her clients, while her motto “dare to be seen” urges them to shine their light on the world.