

WARM-UP PLAN

relaxation & breathing

Punch the air

Raise your arms above your head, then punch the air with alternate hands. Repeat about 12 times. Shake out the arms. Stamp with alternate feet the same number of times. Shake out the legs.

Lion Breath

Take a deep breath in. On the out-breath, 'roar' quietly (to a 'ha' sound) like a lion, stick out your tongue, widen your eyes and spread your stretched hands out in front of you, palms down.

For a demo, search online for 'yoga lion breath'. This is a great stress-reliever, not only because of the stretching and breathing, but because pulling silly faces always gets a laugh!

Tarzan!

Beat your chest lightly with your fists. Say 'ah' while you're doing it. Extend the pummelling to your arms, legs and anything else that needs it! If your singers are comfortable with it, ask them to do the same on each other's backs.

vocalising

'Cuckoo' scales

This gentle scale exercise (refer to demo track) encourages full closure of the vocal folds. Try a variation to 'oo' to practise a clean, balanced onset.

Song of the Wild

I wanted to write a round in a minor key but I had no inspiration. So I went for a walk, which I often do when I want to get new ideas. As I walked down the path to the sea, my footsteps became the beat. I could hear the waves and the birds around me – the first line came into my head:

Song of the wild, song of the wild, can you hear the song of the wild?