



Remember Vocal Warm Ups A&E

When you present, get into the habit of doing your vocal warm-ups, mouth stretches, humming, tongue twisters and the exercises you pick from the lists online...

- ▶ Get your throat muscles working in a relaxed and unrestricted way with full support of your breathing and confidence in all P-P-P-Parts of your voice
- ▶ Like any muscle in your body and your M3 – once you connect to and know how to use your vocal power and breath control you can more easily turn it on when you need it.

Here's your Warm Up A&E table...

My Vocal Warm Ups A&E

MY VOCAL EXERCISES:
Eg. light humming, low + high; mouth & tongue stretching; Open Body Position and Breathe control counting + Range + Power counts; Laughs + Smiles;

MY TONGUE TWISTER LIST (pick ones you have difficulty saying!):

MY VOCAL COMMITMENT:
I WILL do my Voice Exercises Daily @ _____ for ____ mins

Like any muscle in your body and your M³ – once you connect to and know how to use your vocal power and breathe control, you can more easily turn it on when you need it.

M³ Vocal impact always connects when you say it like you mean it!



MY NOTES...

A large, empty rectangular box with a brown border, intended for writing notes.