

## Connect to your breath

- Notice your breath
- Relax your belly
- Send your breath down to your toes
- Breathe deeply

## Warm up your face

- Roll tongue behind lips
- Blow air through lips on a sigh

## Warm up your lips

- Hum on a sigh
- Feel the buzzing on your lips
- Send vibrations to a spot in front of you

## Warm up your nasal resonators

- Create a bright sound, “Me!”
- Send the sound through your cheek bones

## Warm up your chest resonators

- Connect to your deep voice with, “Mmaaw. Mmaaw.”
- Thump on your chest while making the sound
- Relax your face

## Warm up your articulators

- Repeat, “Topeka, topeka, Topeka.
- Bodega, bodega, bodega”
- Play with pitch and rhythm

## Integrate your voice

- Slide sound from head to chest
- “Me me, me...” at the nose
- “May, may, may...” at the mouth
- “My, my, my...” at the chest
- Then slide up and down, humming, “Ha hum maaaa”