



Age Range:	Late Elementary, Middle School, High School
About:	Students will learn successful vocal warm-ups to help promote good singing and vocal health.
Total Video Time:	5:24

INTRODUCTION

Singers use their bodies to sing, so they need to warm up before singing, just like athletes warm up before practice or a game. In this short video, singer Liz Pearce will lead students through a basic set of vocal warm-ups.

[Click here](#) to play the video. (Video approx. 5 minutes)

EXTEND

Answer the following questions to secure and reinforce learning.

1. Why do you think it is important to warm up your voice before singing?
2. True or False: when warming up your voice, you only need to focus on your head voice.
3. True or False: when warming up your voice, it is also important to stretch the muscles in your face.