



The Choir Director Corner Presents:

**THE CDC CHOIR
WARM-UPS
VIDEO PACK**

THE CDC CHOIR WARM-UPS



VIDEO PACK



Welcome to the CDC Choir Warm-ups Video Pack!

In this PDF you will find a couple of things:

- A brief summary of the warm-ups and my warm-up process
- A video of each choir warm-up that you can use with your choir
- Printable flashcards that you can keep at your desk to help you find that perfect warm-up for rehearsal!

When considering choir warm-ups, so much of your success depends on your Warm-Up Process:

- Try to do one warm-up from each category
- Warm-ups should change depending on your objective
- Warm-ups should have a *specific purpose*
- Warm-ups as your main instructional time for vocal technique
- Warm-ups also can be (and should be) influenced by your repertoire
- Have a primary learning objective with each warm-up, but don't ignore secondary objectives

Here are my Five Main Warm-Up Categories:

- Breath, Tone/Vocal Production, Listening/Intonation, Vocal Agility/Range Extension, Physical/Full Body Warm-Ups

Other points of emphasis:

- Vowel Formation, Blend, Musicality and Phrasing, Posture, Resonance, FUN!

You also have access to these videos in a Google Drive Folder. Make sure you "Make a Copy"! Here's that link:

https://drive.google.com/drive/folders/1BjwEEOXGCVpFRj_DAOqys9-PFNeU_RaB?usp=sharing

The CDC Choir Warm-ups

Breath Warm-ups

- 1-Lip Trills [LINK HERE](#)
- 2-Breathe and Hiss [LINK HERE](#)
- 3-Koy-Yah [LINK HERE](#)
- 4-Legato Solfeggio [LINK HERE](#)
- 5-Tee-Hee-Hee [LINK HERE](#)
- 6-ABC's [LINK HERE](#)
- 7-Air Elevator [LINK HERE](#)
- 8-Dive Up [LINK HERE](#)
- 9-Power Breaths [LINK HERE](#)

Tone and Vocal Production Warm-ups

- 1-Tee-EE-AY-AH [LINK HERE](#)
- 2-Ni-No-Ni [LINK HERE](#)
- 3-I Sigh to Sing [LINK HERE](#)
- 4- Trill to Vowel [LINK HERE](#)
- 5-Nordic Tune [LINK HERE](#)
- 6-Nee-Voo-Nee [LINK HERE](#)
- 7-Ming-Oh [LINK HERE](#)
- 8-Messa di voce [LINK HERE](#)
- 9-Bee-Ay-Bay [LINK HERE](#)
- 10-The Three Bears [LINK HERE](#)
- 11-Sigh on Pitch [LINK HERE](#)

Listening and Intonation Warm-ups

- 1-Interval Fun [LINK HERE](#)
- 2-Mi-Me Ma-Mo-Mu Intro: [LINK HERE](#)
Warm-Up: [LINK HERE](#)
- 3-Solfege Round [LINK HERE](#)
- 4-Interval Up and Down [LINK HERE](#)
- 5-Interval Insanity [LINK HERE](#)
- 6-I Know [LINK HERE](#)
- 7-Interval Hopping [LINK HERE](#)
- 8-Chromatic Conundrum [LINK HERE](#)

The CDC Choir Warm-ups Continued

Vocal Agility and Range Extension Warm-ups

- 1-Octave Slides [LINK HERE](#)
- 2-Vi-Va [LINK HERE](#)
- 3-Leaky Boat [LINK HERE](#)
- 4-Pizza is Great! [LINK HERE](#)
- 5-Ya Ha-Ha-Ha Short Version [LINK HERE](#)
- 6-Ya Ha-Ha-Ha Long Version [LINK HERE](#)
- 7-Dee-Dee-Do [LINK HERE](#)
- 8-Whippy Dip [LINK HERE](#)
- 9-Sing EE-AY-AH [LINK HERE](#)
- 10-Back and Forth [LINK HERE](#)
- 11-Sirens [LINK HERE](#)
- 12-O is Very Useful [LINK HERE](#)

Physical/Full-Body Warm-ups

- 1-Zinga-Zinga-Zoo [LINK HERE](#)
- 2-My Bonnie Lies Over the Ocean [LINK HERE](#)
- 3-Tractor Pull [LINK HERE](#)
- 4-Head, Shoulders, Knees and Toes [LINK HERE](#)
- 5-Stretch and Pat Down [LINK HERE](#)
- 6-20 Seconds to Loose [LINK HERE](#)
- 7-Yup-Ti [LINK HERE](#)
- 8-Elastic Choir [LINK HERE](#)
- 9-Stir the Pot [LINK HERE](#)
- 10-The Superman [LINK HERE](#)

I hope that this guide will be a valuable resource in your teaching!

Keep this PDF handy to use as a digital resource.

You can print out the following pages on card stock, and keep them at your fingertips as flashcards!

Make sure you print out the warm-ups of each category in a different color of paper, so that you can easily organize the cards by color!



These are BREATH
Warm-ups;
Print these cards all
the same color!

Lip Trills

Breath, Phonation, Agility, Resonance

Breathe and Hiss

Breath, Physical

Koy-Yah

Breath, Articulation, Range Extension,
Diction, Registers

Legato Solfeggio

Breath, Phrasing, Musicality, Tone, Solfege

These are BREATH
Warm-ups;
Print these cards all
the same color!

Tee-Hee-Hee

Breath, Articulation, Phrasing

ABC's

Breath, Phrasing, Musicality, Vowel Formation

Air Elevator

Breath, Physical, Posture

Dive Up

Breath, Physical, Posture

These are BREATH
Warm-ups;
Print these cards all
the same color!

Power Breaths

Breath, Physical, Posture

These three are left
blank; add some of
your other favorite
breath warm-ups to
the rotation!

These are TONE/
VOCAL PRODUCTION

Warm-ups;
Print these cards all
a DIFFERENT color!

Tee-EE-AY-AH

**Tone/VP, Vowel Formation, Range Extension,
Resonance**

Ni-No-Ni

Tone/VP, Vowel Formation, Resonance

I Sigh to Sing

**Tone/VP, Resonance, Vowel Formation,
Range Extension**

Trill to Vowel

Tone/VP, Vowel Formation, Resonance, Breath

These are TONE/
VOCAL PRODUCTION

Warm-ups;
Print these cards all
a DIFFERENT color!

Nordic Tune

Tone/VP, Breath, Phrasing, Resonance

Nee-Voo-Nee

Tone/VP, Vowel Formation, Resonance,
Diction, Agility

Ming-Oh

Tone/VP, Resonance, Registers

Messa di voce

Tone/VP, Breath, Resonance

These are TONE/
VOCAL PRODUCTION

Warm-ups;
Print these cards all
a DIFFERENT color!

Bee-Ay-Bay

**Tone/VP, Vowel Formation, Range Extension,
Diction, Resonance**

The Three Bears

Tone/VP, Vowel Formation, Resonance, Physical

Sigh on Pitch

Tone/VP, Resonance, Range Extension

This card is left
blank; add one of
your other favorite
Tone/VP warm-ups to
the rotation!

These are LISTENING/
INTONATION

Warm-ups;
Print these cards all
a DIFFERENT color!

Interval Fun

Listening and Intonation, Blend,
Vowel Formation

Mi-Me-Ma-Mo-Mu

Listening and Intonation, Blend,
Vowel Formation, Resonance

Solfege Round

Listening and Intonation, Blend,
Vowel Formation, Solfege

Interval Up & Down

Listening and Intonation, Blend,
Vowel Formation, Solfege

These are LISTENING/
INTONATION

Warm-ups;
Print these cards all
a DIFFERENT color!

Interval Insanity

Listening and Intonation, Blend,
Vowel Formation, Solfege

I Know

Listening and Intonation, Blend,
Range Extension, Vowel Formation, Resonance

Interval Hopping

Listening and Intonation, Blend,
Vowel Formation, Solfege

Chromatic Conundrum

Listening and Intonation, Blend,
Vowel Formation, Solfege

These are VOCAL AGILITY/
RANGE EXTENSION
Warm-ups;
Print these cards all
a DIFFERENT color!

Octave Slides

Range Extension, Resonance, Registers, Breath

Vi-Va

Vocal Agility, Range Extension, Breath,
Vowel Formation

Leaky Boat

Vocal Agility, Range Extension, Registers, Breath

Pizza is Great!

Vocal Agility, Range Extension, Resonance,
Breath

These are VOCAL AGILITY/

RANGE EXTENSION

Warm-ups;

Print these cards all

a DIFFERENT color!

Ya-Ha-Ha (Short)

Vocal Agility, Range Extension, Articulation,
Breath

Ya-Ha-Ha (Long)

Vocal Agility, Range Extension, Articulation,
Registers, Breath

Dee-Dee-Do

Vocal Agility, Range Extension, Registers

Whippy Dip

Vocal Agility, Range Extension,
Diction, Resonance

These are VOCAL AGILITY/

RANGE EXTENSION

Warm-ups;

Print these cards all

a DIFFERENT color!

Sing EE-AY-AH

Vocal Agility, Range Extension, Resonance,
Vowel Formation

Back & Forth

Vocal Agility, Phrasing, Solfege, Intonation

Sirens

Range Extension, Resonance, Breath

O is Very Useful!

Range Extension, Phrasing, Diction

These are PHYSICAL/
FULL-BODY
Warm-ups;
Print these cards all
a DIFFERENT color!

Zinga-Zinga-Zoo

Physical, Diction, Articulation

My Bonnie Lies Over the Ocean

Physical, Range Extension, Diction

Tractor Pull

Physical, Breath, Resonance

Head, Shoulders Knees & Toes

Physical, Range Extension, Diction,
Registers

These are PHYSICAL/
FULL-BODY
Warm-ups;
Print these cards all
a DIFFERENT color!

Stretch & Pat Down

Physical, Posture

20 Seconds to Loose

Physical, Posture

Yup-Ti

Physical, Articulation, Diction

Elastic Choir

Physical, Breath, Phrasing

These are PHYSICAL/
FULL-BODY
Warm-ups;
Print these cards all
a DIFFERENT color!

Stir the Pot

Physical, Range Extension, Breath, Articulation

The Superman

Physical, Vowel Formation, Breath

These cards are left
blank; add some of
your other favorite
breath warm-ups to
the rotation!

These cards are left blank; add some of your other favorite breath warm-ups to the rotation!
