

AUDIATION-BASED WARM-UP WORKSHEET
SUPPORTED BY/ADAPTED FROM PHILLIPS (2014), TEACHING KIDS TO SING

STAGE	FOCUS	AUDIATION “BOOSTS”	ACTIVITIES
Energize the body/brain	Physical and mental warm-up—stretches, calisthenics, focus activities, brain games	<ul style="list-style-type: none"> • Use rhythmic movement in varied meters focusing on macrobeat/microbeat • Vary the meter of activities like body canon (duple, triple, uneven) 	<ul style="list-style-type: none"> • Static stretches • Macro/micro beat stretches with “Ella’s Song” as performed by Resistance Revival Chorus • Body canon in triple meter
Energize the breath	Breath energy and management	<ul style="list-style-type: none"> • Rhythmic chanting of unvoiced consonants (ch, k, f, s) in varied meters • Creative response (teacher chants one pattern, students respond by improvising a different pattern in the same meter) 	<ul style="list-style-type: none"> • Isolated, “out of time” breath cues (e.g., deep breath, out on “shhh,” with guidance to energize/“hook up” to breath) • Call and response on various unvoiced consonants in triple meter
Energize the ear	Aural skills	<ul style="list-style-type: none"> • Pattern instruction (possibly Learning Sequence Activities) • Wordless songs in varied tonalities/meters, with chord roots 	Learn song in mixolydian tonality (“Pink Horizon”) and asymmetric meter (see notation on second page) <ul style="list-style-type: none"> • Possible extension: add chord roots
Energize the voice	Vocal technique (tone, resonance, diction, range extension, vowel modification, flexibility, agility)	<ul style="list-style-type: none"> • Vary the tonality/meter of technique exercises • Use chord roots to develop harmonic audiation 	“Fi fi fi” diction exercise—descending, minor, with chord roots (see notation on second page) “[u], [ɔ], [ɑ]” exercise (see notation on next page) focusing on vowel shapes and listening—with chord roots
Energize the song	Performance, interpretation (usually with in-tact tunes/songs rather than “exercises”)	<ul style="list-style-type: none"> • Teach chord roots and connect harmonic motion to interpretive choices • Mix up tonality/meter of familiar tunes 	“Ah, Poor Bird”—sing on neutral syllable, shape with dynamic, try attempting a different meter (asymmetric—see notation next page)

NOTATION OF SELECTED EXERCISES MENTIONED ABOVE

Pink Horizon

S.C.H.

Lento

Melody

Chord roots

bum one re bum one re bum one re bum one re

5

bum one re bum one re bum one re bum one re bum one re bum one re

bum sev'n do bum one re bum sev'n do bum one re bum sev'n do bum one re

[fi fi fi fi fi fi fi fi fi] [fi fi fi fi fi fi fi fi fi]

[fi fi fi] [fi fi fi]

[u] [o] [a]

bum one do bum five sol bum four fa bum one do bum four fa bum one do bum five sol bum one do