

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

STAGE	FOCUS	AUDIATION "BOOSTS"	ACTIVITIES
Energize the <b>body/brain</b>	Physical and mental warm-up—stretches, calisthenics, focus activities, brain games	<ul style="list-style-type: none"> <li>• Use rhythmic movement in varied meters focusing on macrobeat/microbeat</li> <li>• Vary the meter of activities like body canon (duple, triple, uneven)</li> </ul>	
Energize the <b>breath</b>	Breath energy and management	<ul style="list-style-type: none"> <li>• Rhythmic chanting of unvoiced consonants (ch, k, f, s) in varied meters</li> <li>• Creative response (teacher chants one pattern, students respond by improvising a different pattern in the same meter)</li> </ul>	
Energize the <b>ear</b>	Aural skills	<ul style="list-style-type: none"> <li>• Pattern instruction (possibly Learning Sequence Activities)</li> <li>• Wordless songs in varied tonalities/meters, with chord roots</li> </ul>	
Energize the <b>voice</b>	Vocal technique (tone, resonance, diction, range extension, vowel modification, flexibility, agility)	<ul style="list-style-type: none"> <li>• Vary the tonality/meter of technique exercises</li> <li>• Use chord roots to develop harmonic audiation</li> </ul>	
Energize the <b>song</b>	Performance, interpretation (usually with in-tact tunes/songs rather than "exercises")	<ul style="list-style-type: none"> <li>• Teach chord roots and connect harmonic motion to interpretive choices</li> <li>• Mix up tonality/meter of familiar tunes</li> </ul>	