**Warm-Up Lesson Plan**

\* *For each exercise, notate the exercise, the starting key, the ending key, and how you will proceed (steps, skips, etc.).*

**(1) Cognitive Activation (brain warm-up) (Optional)**

**Exercise #1:**

**Exercise #2:**

**Predict: What will the students have difficulty with on this warm-up? List one to two strategies for addressing each difficulty.**

**(2) Relaxation / Alignment / Body Awareness (likely a series of short exercises/stretches)**

**Exercise #1:**

**Exercise #2:**

**Predict: What will the students have difficulty with on this warm-up? List one to two strategies for addressing each difficulty.**

**(3) >>>Creating Spaciousness (A) – Continually revisit the “sigh” throughout the warm-up<<<**

**Exercise #1:**

**Exercise #2:**

**Predict: What will the students have difficulty with on this warm-up? List one to two strategies for addressing each difficulty.**

**(4) Breathing / Exhalation, Inhalation**

**Exercise #1:**

**Exercise #2:**

**Predict: What will the students have difficulty with on this warm-up? List one to two strategies for addressing each difficulty.**

**(5) Breath Support / Freedom** (*singing* on the breath, reinforce the idea of spacious, high and forward, keep using sigh)

**Exercise #1:**

**Exercise #2:**

**Predict: What will the students have difficulty with on this warm-up? List one to two strategies for addressing each difficulty.**

**(6) Resonance and Vowel Development**

**Exercise #1:**

**Exercise #2:**

**Predict: What will the students have difficulty with on this warm-up? List one to two strategies for addressing each difficulty.**

**– – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – – –**

**Add an additional warm-up to address a specific vocal goal…**

**Dynamics**

**Crescendo/Decrescendo (Mesa di Voce)**

**Range extension upward**

**Range extension downward**

**Leaps**

**Diction**

**Agility**