

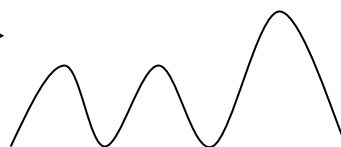
Daily Vocal Exercises

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1. Prepare body to be energetic yet calm - walk up some stairs - do some breathing - lie on floor inhale 3 exhale 6, 9, 12 etc until breath is slow low and connected - Stretch
2. Ground - check posture - hips leading - balance - engage diaphragm - extend rib cage -
3. Milkshake breath - bakery breath - fat back breathing - blow out birthday candles
4. Lip trills - zippers - Sh-sh-sh f-f-f k-k-k s-s-s z-z-z - figure 8's
5. Facial stretching - Ya Ya Ya - Camel chews - Lion Raisin
6. Glides - key kay koh koo kah - Ha-looow - how are youuuu? Weeeeeee - bicycle bell
7. Extend soft palate up and back - Expand back of mouth like a stifled yawn
8. Connect breath to sound ONE - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 clothesline analogy
9. Go high to get low - go low to get high
10. Aligning Vowels ee ay oh oo ah - sing into garden hose - forward resonating and easy - do a couple of pitches in each register (low, middle, head)

11. Triads

ee	ee	ay	ay	ah	ah	ah	ah	ah
1	3	5	3	1	3	5	3	1
Legato ->	->	->	staccato	->	->	->		



12. Scales legato and staccato

5 - 5 - 9
 1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2 1 2 3 4 5 6 7 8 9 8 7 6 5 4 3 2 1
 Ee ee ee ee ay ay ay ay ah ah ah ah ah ah ah ah ah ah ah ah ->
 Legato -> -> Staccato each note

13. Arpeggios

1	2	3	4	1	2	3	4	1	2	3	4	1				
1	3	5	8	9	8	7	6	5	4	3	2	1	3	5	8	



14. Diction - avoid semi-vowels and diphthongs

15. Sing with soft palate raised high, curling the sound behind ears