BIG BIG SING Resource:

CHOIR DOCTOR

Suzi's workshop plan

Broad plan

- **Warm up** – use spell-casting to warm up as 'accidental' route to good singing technique.
- **Listen and respond to BoMo singers' own material** (*senua dadende*, *siyahamba*, *oremi je ka jo*) – check everyone's clear on the meaning, origin and context of these songs.
- **Little Bird – teach introduction**. Look at shortcuts to good technique to lift the performance, referring to warm up and lessons learned with BoMo's own songs.
- **Teach Elizabethan round *Ah, poor bird*** – cool down and use this canon to consolidate the messages of the session. Pick three emotions with which to sing it, and add movement for each phrase of the song.

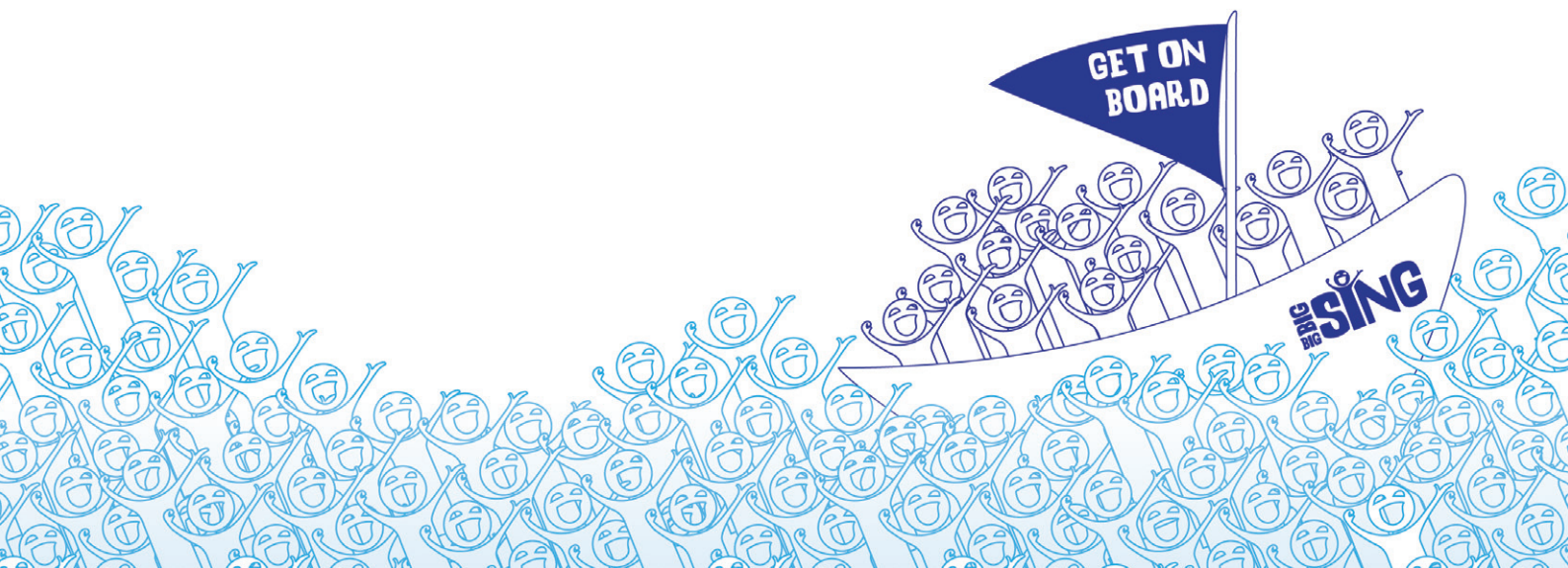
Spell-casting warm up

This warm up is great for covering all the bases: making sure your voice, face and resonators are all prepared and functioning before you begin to sing. The fact that this exercise is based on sounds rather than notes is significant, as choirs are less likely to get 'stuck' in singing mode and can be more free.

Sh sh sh sh (over right shoulder)
Ss ss ss ss (over left shoulder)
Ftsh ftsh ftsh ftsh (into centre)

REPEAT 3 TIMES

Spot cake on the floor, pick it up and admire it – 'mmmmmmmmmm'
Put it in your mouth – too hot – pant! (only want to hear AIR not voice)
Swallow – ng sound down through range
Comes back… – ng sound back up through range
Freeze with tongues out!



Why warm up in this way? Unpicking the exercise

Sh / ss / ftsh – these repetitive sounds all help reflexive breathing

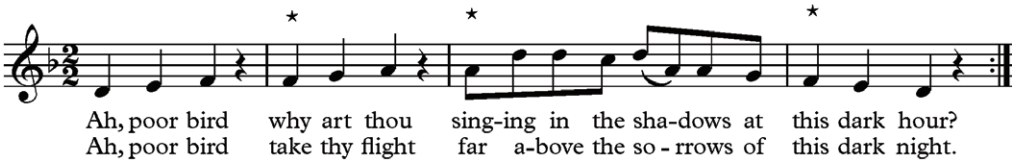
mmmm – breathing in through the nose and making a sound that resonates there helps to warm up spaces in the head (nasal cavity) behind the nose

panting / too hot – raises soft palate

ng – sliding up and down on this sound is a safe way to warm up whole range

stick tongues out – this helps to bring the tongue forward in the mouth and to get the tongue mobile

Ah, poor bird – Elizabethan canon



This is a four-part canon and * denotes the entry of the next part.