

Singing Review and Vocal Health

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Understanding Vocal Warm-Ups

Name: _____

Date: _____

Answer the following questions about vocal warm-ups and singing!

- Why do singers need to warm up their voices?
 - To make their voices tired
 - To prevent strain and improve technique
 - To sing louder
- Singing is like exercise for our ____ because it uses our vocal muscles.
- What is one warm-up exercise you learned?

- Hydration is important for singing well.
 True False
- What part of your body should you breathe from when singing?
 - Chest
 - Diaphragm
 - Head
- Psalm 95:1 says we should sing to ____.
- Gentle stretching of vocal muscles is part of vocal warm-ups.
 True False
- How does warming up help our voice?

- What should you do before singing to help your voice?
 - Drink soda
 - Stay hydrated
 - Eat candy
- Warming up our voices helps us sing ____ and with more power.

Answer Key

1. To prevent strain and improve technique 2. voice 3. Breathing from the diaphragm. 4. True 5. Diaphragm 6. Yahweh 7. True 8. It prevents strain and prepares the voice for singing. 9. Stay hydrated 10. better