

Vocal Health and Technique Review

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Understanding Vocal Warm-Ups

Name: _____

Date: _____

Answer the following questions based on what you learned about vocal warm-ups and their importance.

1. What is the main purpose of vocal warm-ups?

- A. To sing louder
- B. To prepare your voice
- C. To learn new songs

2. Why do singers always do warm-ups?

3. Vocal warm-ups help prevent vocal ____.

4. Vocal warm-ups are not necessary for singers.

- True False

5. Which of the following is a benefit of consistent vocal warm-up practice?

- A. Improves vocal range
- B. Decreases confidence
- C. Makes singing less fun

6. How can we treat our voice like a special instrument?

7. One of the vocal warm-up techniques is to practice ____ and breathing exercises.

8. Psalm 95:1 encourages us to sing and shout to God.

- True False

9. What did you feel after completing the vocal warm-up routine?

- A. More tired
- B. More confident
- C. No change

10. What was your favorite warm-up exercise and why?

Answer Key

1. To prepare your voice 2. Singers do warm-ups to prepare their voices and prevent strain. It helps them sing better and keeps their voices healthy. 3. strain 4. False 5. Improves vocal range 6. We can treat our voice like a special instrument by warming it up properly, avoiding shouting, and taking care of it when we are sick. 7. scales 8. True 9. More confident 10. My favorite warm-up exercise was the scale singing because it felt good to stretch my voice and I enjoyed making different sounds.