

Category: Vocal Warm up

Age Group: Any age

Duration: 5 mins

OBJECTIVE:

To help students develop breath control, promoting vocal projection and developing their understanding of how to use their diaphragm. This exercise helps to establish a fun and positive atmosphere at the beginning of class as you should have everyone laughing by the end of it.

MATERIALS:

- A clear space and eagerness to have fun and have a good laugh!

STEP BY STEP GUIDE

1. INTRODUCTION:

- Explain to the students that they will be using their voices and diaphragm to create a powerful sound by saying “Ha!”
- Demonstrate how to engage the diaphragm: place a hand on your stomach and take a deep breath, then expel the air forcefully as you say “Ha!” Encourage students to feel the movement of their diaphragm as they do this.
- Make sure the students relax their shoulders when they take a deep breath in and they stand in a neutral position.

2. FOLLOW THE LEADER:

- Start by saying “Ha!” once, with emphasis on a strong burst of sound.
- Ask the students to repeat “Ha!” after you, copying the sound and movement.

3. BUILDING UP THE SEQUENCE:

- Gradually increase the number of “Ha” repetitions, asking the students to follow your lead each time:
- Start with 1 Ha and have them repeat.
- Move up to 2 Ha’s and repeat.
- Continue to increase the count, aiming for 10 in a row.
- With each added “Ha,” ensure that the students continue to engage their diaphragms, producing strong, supported sounds.

4. ENDING THE EXERCISE:

- Once they reach 10 in a row, finish with a big round of applause to release any tension and celebrate their effort.

© 2024 Quint-Essential Creations SCP. All rights reserved.
This material is for personal or educational use only. Unauthorised use or reproduction is prohibited.

TOP TIPS!

Engage the Diaphragm: Remind students to place a hand on their diaphragm to feel it actively working with each "Ha," ensuring the sound is supported from their core.

Pace the Repetitions: Gradually increase the number of “Ha’s” to ensure students can maintain proper technique without losing breath control.

Maintain Relaxed Posture: Encourage neutral standing positions with relaxed shoulders to prevent unnecessary tension during the exercise.

Encourage Playfulness: Keep the mood light and fun, using the exercise to build energy and create a positive atmosphere in the room.

ACTING ACHIEVEMENTS

Increased Vocal Power: Builds the ability to project the voice effectively without strain, improving presence.

Enhanced Diaphragmatic Engagement: Helps students develop a strong connection to their diaphragm, vital for powerful and supported vocal delivery.

Greater Physical Awareness: Encourages students to understand how their body affects their voice, helping have a better posture and energy alignment during performance.

Boosted Confidence and Relaxation: Creates a fun and supportive environment where students feel more comfortable using their voices boldly, contributing to overall performance confidence.

EXTRA WAYS OF PLAYING

- An add on to this exercise is to get the kids to lead the HA’s
- Put them into pairs or small groups having one as the leader and the other follow.
- Add in variations of the sound they need to project such as HE, HAY & HO.

Have fun with it!

© 2024 Quint-Essential Creations SCP. All rights reserved.
This material is for personal or educational use only. Unauthorised use or reproduction is prohibited.