Hi, students:

I have put together resources and lessons for you to complete in the event that we have an extended time off, or to utilize at anytime for practicing, enhancing your prior knowledge, etc. Use the links attached to the warm-ups and vocal pieces to rehearse your music the best you can. Thanks! See you soon!

**Resources For Chorus**

Choral Warm-Up #1

<https://youtu.be/tnJW-8a26OA>

1) You Can Now Download Vocal Warm Ups as mp3: [https://solfasinger.com/WarmUps/](https://www.youtube.com/redirect?v=tnJW-8a26OA&redir_token=O89EDkU8BUTnIx9fpyIvM8GKqQ18MTU4NDE5Mjc2NkAxNTg0MTA2MzY2&event=video_description&q=https%3A%2F%2Fsolfasinger.com%2FWarmUps%2F)

2) \*\*NEW\*\* Choir tuning exercise available: [https://youtu.be/436vvPSssoE](https://www.youtube.com/watch?v=436vvPSssoE):

1. A relaxed and free neck and jaw: [00:11](https://www.youtube.com/watch?v=tnJW-8a26OA&t=11s)

2. Good singing posture: [00:51](https://www.youtube.com/watch?v=tnJW-8a26OA&t=51s)

3. An open breath: [1:37](https://www.youtube.com/watch?v=tnJW-8a26OA&t=97s)

4. Proper vowel shape: [3:44](https://www.youtube.com/watch?v=tnJW-8a26OA&t=224s)

5. Balance and Blend: [8:06](https://www.youtube.com/watch?v=tnJW-8a26OA&t=486s)

Here is a link to a PDF of "Mi Me Ma Mo Morph" [https://drive.google.com/file/d/1Cdnb...](https://www.youtube.com/redirect?v=tnJW-8a26OA&redir_token=O89EDkU8BUTnIx9fpyIvM8GKqQ18MTU4NDE5Mjc2NkAxNTg0MTA2MzY2&event=video_description&q=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1CdnbgjDwbTRHmR72YxjkHgVj8hw7J7X9%2Fview%3Fusp%3Dsharing)

Choral Warm-Up #2

<https://youtu.be/8-gcnRZYxx4>

1. Physical Warm Up [01:00](https://www.youtube.com/watch?v=8-gcnRZYxx4&t=60s)

2. Align Your Head (Posture) [01:25](https://www.youtube.com/watch?v=8-gcnRZYxx4&t=85s)

3. Relaxation of the Shoulders (Posture) [01:37](https://www.youtube.com/watch?v=8-gcnRZYxx4&t=97s)

4. Vocalises: Vowel Shape and Range Extension [02:21](https://www.youtube.com/watch?v=8-gcnRZYxx4&t=141s)

5. Range Extension Using Kinesthetic movement [04:27](https://www.youtube.com/watch?v=8-gcnRZYxx4&t=267s)

6. Descending Range (Basses and Altos) [05:35](https://www.youtube.com/watch?v=8-gcnRZYxx4&t=335s)

7. Tuning, Balance, and Blend [06:24](https://www.youtube.com/watch?v=8-gcnRZYxx4&t=384s)

For a PDF file of the Seventh Chord Tuning Exercise, Please Click the link below: [https://drive.google.com/open?id=1wya...](https://www.youtube.com/redirect?redir_token=c-5Y-cfxL5oNW5BKU9HW4g2zj918MTU4NDE5MjQwOEAxNTg0MTA2MDA4&q=https%3A%2F%2Fdrive.google.com%2Fopen%3Fid%3D1wyaG533SNLCnHUKMTbMDwz1gdNlyW6Gz&event=video_description&v=8-gcnRZYxx4)

To learn how to sight read music better visit [http://solfasinger.com](https://www.youtube.com/redirect?redir_token=c-5Y-cfxL5oNW5BKU9HW4g2zj918MTU4NDE5MjQwOEAxNTg0MTA2MDA4&q=http%3A%2F%2Fsolfasinger.com&event=video_description&v=8-gcnRZYxx4)

Wake Up Your Voice! Full Vocal Warm up!

<https://youtu.be/BolHK6VZR38>

This full vocal warm up will help you feel ready to sing across your entire range. You will also get help on vocal technique, range extension, breath support, jaw relaxation, etc.

DOWNLOAD VOCAL WARM UPS BY CLICKING: [https://solfasinger.com/WarmUps](https://www.youtube.com/redirect?v=BolHK6VZR38&redir_token=Y4BB5Kh2xW0pLSxezNjCpqEkYOp8MTU4NDE5MzA1OEAxNTg0MTA2NjU4&event=video_description&q=https%3A%2F%2Fsolfasinger.com%2FWarmUps)

Relaxation: [00:15](https://www.youtube.com/watch?v=BolHK6VZR38&t=15s)

Voice Activation: [1:22](https://www.youtube.com/watch?v=BolHK6VZR38&t=82s)

The Hum: [2:11](https://www.youtube.com/watch?v=BolHK6VZR38&t=131s)

Lip Trills: [3:54](https://www.youtube.com/watch?v=BolHK6VZR38&t=234s)

Drop/Open the Jaw: [5:22](https://www.youtube.com/watch?v=BolHK6VZR38&t=322s)

Increase Resonance: [8:11](https://www.youtube.com/watch?v=BolHK6VZR38&t=491s)

Abdominal Workout/Air Support: [10:56](https://www.youtube.com/watch?v=BolHK6VZR38&t=656s)

Relaxation: [12:26](https://www.youtube.com/watch?v=BolHK6VZR38&t=746s)

Wake Up Your Abdominal Muscles! Improve Breath Support! Full Vocal Warm up (#2)

<https://youtu.be/kagnh7pii6g>

This video will help you manage your breath support by focusing on the abdomen, by using techniques such as panting, counting, inhaling and exhaling fulling and over a measured time. If you haven't sung for a while, this warm up will start slow and move you into a nice warm up.

Please only sing the warm ups as high as your voice feels comfortable.

If you have any questions or would like to receive individual help please email me at [solfasingerapp@gmail.com](mailto:solfasingerapp@gmail.com).

If you would like to download mp3 files of many of my vocal warm ups, please go to [https://www.solfasinger.com/WarmUps](https://www.youtube.com/redirect?redir_token=r9r9WL7Fg6PI_Sl0LH1db2vpCIR8MTU4NDE5MzY1NkAxNTg0MTA3MjU2&event=video_description&v=kagnh7pii6g&q=https%3A%2F%2Fwww.solfasinger.com%2FWarmUps)

There you will be able to select the whole album for only $7 USD or individual tracks for .99 cents.

This full vocal warm up will help you develop proper breath support by connecting singing to the abdomen.

Voice Activation - Natural Sounds: [00:44](https://www.youtube.com/watch?v=kagnh7pii6g&t=44s)

Breath Control Across a Phrase: [03:10](https://www.youtube.com/watch?v=kagnh7pii6g&t=190s)

Descending "Zi - ah" [07:44](https://www.youtube.com/watch?v=kagnh7pii6g&t=464s)

Breath Connection "numi numi" [09:29](https://www.youtube.com/watch?v=kagnh7pii6g&t=569s)

Breath Connection: "Zingamama" [13:40](https://www.youtube.com/watch?v=kagnh7pii6g&t=820s)

Jaw relaxation - Breath Connection: "I Naw" ("I Know") [16:05](https://www.youtube.com/watch?v=kagnh7pii6g&t=965s)

Cool Down: "Zi ah" (Descending) [17:13](https://www.youtube.com/watch?v=kagnh7pii6g&t=1033s)

La Musica

<https://youtu.be/QMn0k_Di1Wc>

<https://youtu.be/pVJKFu9rafw>

I Am a Small Part of Your World

<https://youtu.be/m87XhckDIf8>

No Mirrors in my Nana’s House

<https://youtu.be/gON3NRSFd1U>

Use the settings icon to slow speed to 0.75

Tshosholoza

<https://youtu.be/KvMDcLpShK8>

Didn’t My Lord Deliver Daniel: Chorus and Music

<https://youtu.be/rlOtX1E4Xc4>

Laudate Dominum

<https://youtu.be/lrjOCdRzFNQ>

Follow the River

<https://www.jwpepper.com/sheet-music/media-player.jsp?&type=audio&productID=10006247>

**Resources For Music Keyboards**

Music Keyboards

<https://www.teoria.com/en/tutorials/reading/>

<https://www.teoria.com/en/exercises/>

**Chorus Classes:**

Day 1: Warm-up number 1

All Choirs: I Am a Small Part of the World

Tshosholoza

Day 2: Warm-up number 1

Bel Canto: There Are No Mirrors in My Nana’s House

La Musica: Listen for pronunciation

Concert Choir/9th Grade Girls: Didn’t My Lord Deliver Daniel

Laudate Dominum: Listen for pronunciation

Day 3: Wake Up Your Abdominals

All Choirs: I Am a Small Part of the World

Tshosholoza

Day 4: Wake Up Your Voice

Bel Canto: There Are No Mirrors in My Nana’s House

La Musica: Listen for pronunciation

Follow the River

Concert Choir/9th Grade Girls: Didn’t My Lord Deliver Daniel

Laudate Dominum

Day 5: Warm Up number 2

All Choirs: I Am a Small Part of the World

Tshosholoza

Days: 6-10: Warm-up of your choice

Please listen and make yourselves familiar with the music. Please use your sight singing skills to the best of your ability. If you have access to a printer, print your music, number your measures, and highlight your parts.

Bel Canto: I Am a Small Part of Your World

Tshosholoza

Follow the River

La Musica

There Are No River in my Nana’s House

Concert Choir/9th Grade Girls: I Am a Small Part of Your World

Tshosholoza

Didn’t My Lord Deliver Daniel

Laudate Dominum

Music Keyboards

1. Go to teoria.com
2. Click on Tutorials (the link is found on Resources page)
3. Complete one tutorial each day:
   1. Day 1- Not Value
   2. Day- Dotted notes and ties
   3. Day 3- Rests
   4. Day 4- Values Shorted Than a Beat
   5. Day 5- Eighth and Sixteenth Notes
   6. Day 6-Eighth and Sixteenth Rests
   7. Day 7- Beat Units
   8. Day 8- Reading Musical Notes
   9. Day 9- Accidentals
   10. Day 10- Key Signatures
4. Click on Exercises (the link is found on Resources page)
5. Go to Clef Reading
6. Choose treble or bass clef
7. Go to “Stop at”…choose 20 question
8. Complete one note reading exercise each day