

Sing Better!

6 Steps to becoming a better singer



Brainstorm: Singing Benefits

- Shout out two benefits of singing well!

Why Sing Better?

- Develops Confidence
- Birthday Parties
- Next contestant on America's Got Talent?
- Anyone CAN!

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Being able to sing well in public develops your confidence

We are all called upon to sing Happy Birthday at family parties – Let's get compliments, not complaints!

If you are dedicated enough, you could be the next contestant on America's Got Talent!

Anyone can! Tell the story about 1 credit course Senior year of college

Brainstorm: Singing Mechanics

- Shout out two things you need to do to sing



You can sing better if You

Prepare
&
Practice

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The 6 steps fall into 2 categories – Prepare and Practice. You sing with your entire body so you need to prepare and then practice before you sing.



The 3 steps to preparation is to warm up your body and voice as well as have the proper stance. The 3 steps to practicing is to open your mouth, remember to take lots of little breaths, and then SING!



Step 1 is to warm up your body. The major part of singing well is to sing from your diaphragm. This is the muscle separating your abdomen from your chest. Because of where it is located, it is hard to warm up. Also, warming up your body relaxes your shoulders, warms up your lungs and throat, and gets your heart beating. All of these things will help your sing better. This is a vital step that most people aren't even aware of but professional singers never ignore.

Prepare

Warm up your Body



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Show warm up

Show modification



Step 2 is warm up your voice. If you have ever been in a choir or any other type of singing group, you are aware of having to warm up your voice by signing scales. If your voice is very cold, you might want to hum the scales first before starting on the scales. You should use La, Le, Li, Lo, Lu first rising, then falling to warm up. You could also use Ha, He, Hi, Ho, Hu.

Prepare

Warm up your voice



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La 4 octaves up and 4 octaves down



Warming up your body and voice helps you be loose for singing. Remember that posture is also very important, make sure your shoulders are over your hips are over your heels. If there is a gap of time between your preparation and your performance, there is a 30 second re-warm up – hum while rolling your shoulders and stepping up and down. Then make faces to loosen your jaw and make sure your posture is perfect.

Prepare

Shoulders over
hips over
heels



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Demonstrate correct posture



Open your mouth wide and keep that jaw dropping to the floor while you sing. Say hi, hi, hi while your lips are close together. Now do the same thing with your mouth wide open. You are going to get a lot more volume with your mouth wide open. This one takes lots of practice because we talk more than we sing. When we talk, our lips are close together. We talk more than we sing so it's a hard habit to break.

Practice

Open wide



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Pretend you are at the Dentist's office and let your jaw drop to the floor
Use pointer finger and thumb to force mouth open so you can feel how this should be



Now when we first sing we will take a big breath. But the secret to success is while you are singing to take many small breaths. This helps maintain the flow of the message you are singing. You might take big Aretha Franklin breaths 2 or 3 other times during your song, but the real secret to success is to take many small breaths throughout the song as you can. Unlike opening your mouth wide, you naturally take small breaths when you talk. It's just a matter of consciously knowing that you are going to rely on a skill you already have.

Practice

Lots of little breaths



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Always breath in through the nose and exhale as you sing through your mouth.



The last step is to sing. Be passionate about what you are singing, think about the words, react to them, it will come out in your voice. If it's a happy song, smile. If it's sad, think of sad things. Remember the Temptations song, "My Girl" There is a big difference between [I've got sunshine on a cloudy day while frowning] and [do it for real]. It's not just your voice, it's all the preparation and practice married with being in the moment, reacting to the words and the audience and singing!!



Practice

Sing!

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I've got sunshine on a cloudy day. When it's cold outside, I've got the month of May

6 Steps

- Warm up your body
- Warm up your voice
- Shoulders over hips over feet
- Open Wide
- Lots of little breaths
- Sing!

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Stand up, move away from the table and give yourself room. Now you will join with me as we do the six steps together.

Warm up your body

Talks again about the swing and modified swing

Repeat 5 times

Warm up your voice

Scales La up 3 octaves, down 3

Shoulders over hips over feet

REMEMBER:

Open Wide

Let your jaw fall to the floor

Lots of little breaths

Start with a large breath but take little breaths as often as possible
In through the nose, exhale as you sing with your mouth

I'll be walking around, all you need to do is remember to sing Happy Birthday to
Zenith

Sing!

We'll sing Happy Birthday to Zenith!

Wrap Up

- Feedback
- Distribute handouts
- Thanks for attending today's training!