

Your *Singspired* Lesson

lesson 1: PowerPlay

EXERCISE

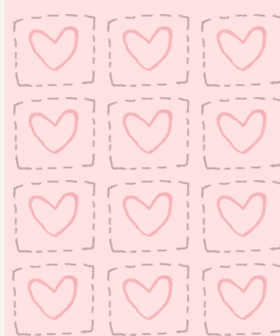
QUICK REMINDER

TICK
EACH
TIME

LIP ROLLING
0:38 seconds in

Be a lorry! Roll your lips like a rolling engine. If you can't sustain a long roll don't worry, you get better with practise. Put your hands on your cheeks and spread or squeeze together - does that help?

This works out your abdomen and also the little muscles around your larynx! It's a great warm-up... try singing a melody along!



GORILLA
2:36 in

Be a gorilla! Try some oh oh oh sounds which start in your stomach.

Find a clip of a gorilla or chimp making an 'oh' sound. Watch their abdomens go in as the sound comes out!



TREE MONKEY
4:50 in

Be a tree monkey! Using the same abdominal muscles but extend the feeling as you glide up and down through your voice. Don't be smart or 'normal' - be a monkey! Play with your voice like a child would! See how high and low you can go and how long you can swoop up and down - and your ab muscles are always engaged!



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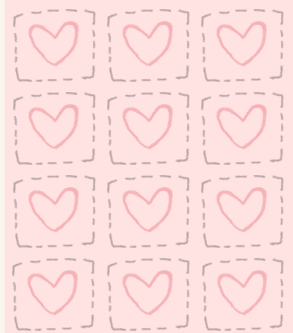
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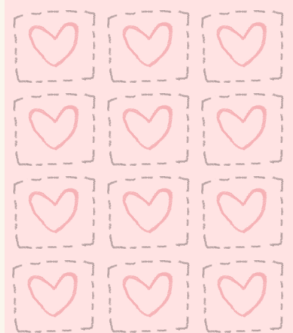
ROLLER-
COASTER
6:05 in

Ride the roller-coaster! Feel the rush of power from your ab muscles, butt muscles, side and back muscles as you zoom down into the water and yell with the thrill of the ride!



BE PLAYFUL
6:17 in

Try and climb out of being smart, civilised or grown-up. Make friends with your inner-child and play with your voice! There is no right or wrong! We're just playing! Make some crazy noises to reconnect with your inner-child! Did you have a favourite noise when you were growing up?!



NNNGGG
7:36 in

The word SING ends in NG and the NG sound is a really good one to feel the power of your voice as it vibrates around your skull! Enjoy that sound and the buzz it gives! Glide up and down!

