

LAUGHTER IS CONTAGIOUS

STACCATO ONSET & VOWELS



DESCRIPTION:

There are many tunes to this exercise. It uses laughter to engage breath with onset, and engages different vowels.

WHY:

Everyone knows how to laugh with their bellies. This exercise leverages this assumed knowledge to build a healthy sound. It's playful, and will presumably encourage some genuine joy and laughter in pursuit of a healthy warm-up.

VIDEO LINK:



PRESENTER:
Cherie Baxter

Laughter is Contagious

Laugh-ter is con - ta - gious, and it's ad - van - ta - geous ha ha ha ha ha
ho ho ho ho ho hee hee hee hee hee

EXTENSIONS / IDEAS:

Once everyone understands the exercise, you can move up each time by a semi-tone to warm up the full vocal range. You could also explore other types of onset with different syllables - za, ze, zee; va, vo vee; etc

Engage the body by stepping into the top note of the laughter as it expands into a higher range. Stepping right through the heel can help engage the muscles of the diaphragm for better support.