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From the creators of the **FULL VOICE**® Workbook Series

VOCAL WARM-UPS & TECHNICAL EXERCISES



tonic sol-fa • tongue twisters
scales • triads • arpeggios
minor scales • chromatic scales
and MORE!

FOR KIDS!

By NIKKI LONEY & MIM ADAMS

TEACHER TIPS!

1. Activity cards can be used in any order. However, there is a progression to the theoretical concepts introduced on each page.
2. This resource uses the "movable DO" system. We encourage teachers to always choose comfortable keys for students.
3. Tonic Sol-fa hand signs are optional when singing exercises.
4. Discuss the concepts addressed on each activity board and engage your students by asking questions.
5. *Effective lesson pacing.* Each activity board has MANY different exercises. It is NOT necessary to complete each page in a single lesson. Slow pacing and repetition are always recommended for beginner singers.
6. Once a musical concept has been explored, return to repertoire and see if you can help students make a connection to the songs they are singing. (i.e. finding dynamic markings, articulations etc.)
7. Vowel sounds. There are more vowel sounds than the ones listed on page three. Teachers are encouraged to explore all vowel sounds on all exercises.
8. *Not for homework.* Young singers need guided support when learning new musical concepts. We recommend that you complete the activity board exercises together in the lesson or classroom rather than assigning them for homework.
9. Minor scales/pentascals/triads can be sung starting on LA as well as starting on DO and using the chromatic sol-fa syllables. We recommend exploring both methods with your singers to help them understand the music theory as well as being able to sing the scales successfully.

* Printer Ink Friendly pages included.

Pages 21 to 45 are printer ink friendly.
It can be printed in colour or grey scale.



Questions? Comments? Please contact us. We are always here to help. Nikki@thefullvoice.com / **905-297-0284 (Mon - Fri)**

Inspired Vocal Music Lessons

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1. Tonic Sol-fa
2. Tonic Sol-fa
3. Vowel Sounds
4. Steps & Skips
5. Tones & Semitones
6. Singing Major Scales
7. Singing Major Triads
8. Awesome Arpeggios
9. Tongue Twisters
10. Singing with Articulations
11. Singing with Dynamics
12. Scales, Triads & Arpeggios
13. Ascending Chromatic Scale
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17. Singing Minor Triads
18. Natural Minor Scale
19. Harmonic Minor Scale
20. Melodic Minor Scale

***21-45 Printer Ink Friendly Pages**

TONIC SOL-FA

1.  Warm up your voice by singing the tonic sol-fa scale ascending and descending. (Hand signs are optional)

2.  Check when completed.

- I can sing and sign the scale **ascending**.
- I can sing and sign the scale **descending**.
- I can sing the scale **ascending and descending in one breath**.

3.  Sing the following tonic sol-fa patterns *without* signing.

a) **DO DO DO RE MI**

b) **DO RE MI FA SO**

c) **DO RE DO RE MI**

4.  Write your own tonic sol-fa melody.

5.  Sing your melody.

6.  Sing the sol-fa using the correct rhythm.

a)


DO


RE


DO


RE


MI

DO'



TI



LA



SO



FA



MI



RE



DO



TONIC SOL-FA

1.  Sing and sign the entire scale **ascending** and **descending**.

2.  Sing and sign the following.



3.  Sing the following:

a) **DO DO DO RE MI**

b) **DO RE MI FA SO**

4.  Sing the tonic sol-fa with the correct rhythm.



5.  Write your own tonic sol-fa melody.

6.  Sing your melody. (Or make your teacher sing it!)

DO'	
TI	
LA	
SO	
FA	
MI	
RE	
DO	

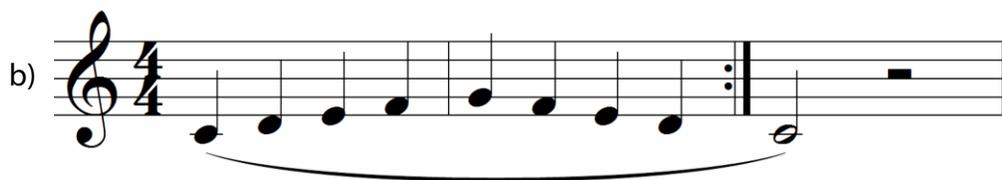
When singing vocal exercises and warm-ups, singers use different vowel sounds. **Vowel shaping is important!** Pay close attention to the shape of your mouth and the sound of each vowel.

VOWEL SOUNDS

It is helpful to use common words to make sure your vowel sounds are correct. Your teacher may use different words to help you get the best sound!

EE - meet **EH - chaotic,** **AH - father** **OH - obey,** **OO - too,**

1.  Sing the following exercises and explore the different vowel sounds above.



2.  How does a singer form different vowels and consonants?
3.  Which vowel is
 - a) the easiest sound for singing high notes?
 - b) the most difficult sound for singing high notes?
 - c) your favourite sound to sing?

MEE MEH MAH MOH MOO



STEPS & SKIPS

SINGING STEPS

DO RE MI
C D E

SINGING SKIPS

DO MI SO
C E G

NOTES MOVING IN STEPS

Notes moving in steps on the staff move from **line - space - line - space - line**



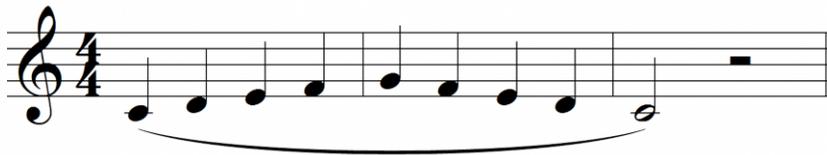
1. Sing the following.

DO RE MI RE MI

2. Fill in the missing stepping notes.



3. Sing this stepping exercises using: a) tonic sol-fa b) vowel sounds c) note names



NOTES MOVING IN SKIPS

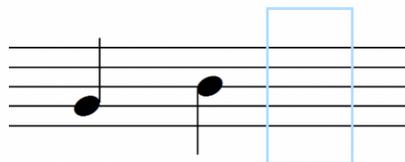
Notes moving in skips on the staff move from **line - line - line** or **space - space - space**



4. Sing the following.

DO MI SO MI SO

5. Fill in the missing skipping note.



6. Sing this skipping exercise using: a) tonic sol-fa b) vowel sounds c) note names



DO'

TI

LA

SO

FA

MI

RE

DO

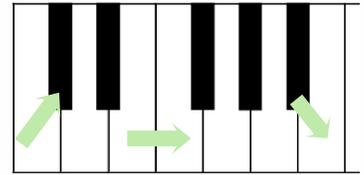


TONES & SEMITONES

An **interval** is the distance between two notes. Tones and semitones are small intervals that are easy to sing! Explore tones and semitones on the piano, in your music and with your voice.

SEMITONE (or half step) is the smallest interval. It is the distance from one key on the piano to *the very next* key, with no key in between.

Example: **C to C[#], E to F, B^b to B.**



Can you find a semitone on the piano?

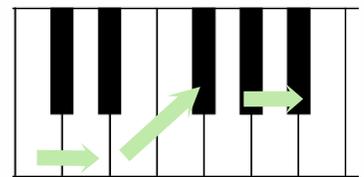
Can you find semitone passages in your music?

1. 🧠 Sing the semitone exercise slowly using vowel sounds.



WHOLE TONE (or tone) is equal to two semitones. It is the distance from one key to another with *only one* key in between.

Example: **C to D, E to F[#], G[#] to A[#].**



Listen to your teacher play or sing tones and semitones. Can you identify the sounds?

2. 🧠 Sing the tone exercise slowly using vowel sounds.



ACCIDENTALS are music symbols that change the pitch of a note by a semitone.

sharp



Raises a note by a semitone.

flat



Lowers a note by a semitone.

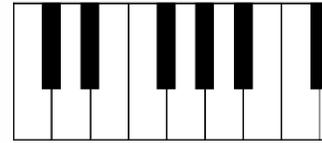
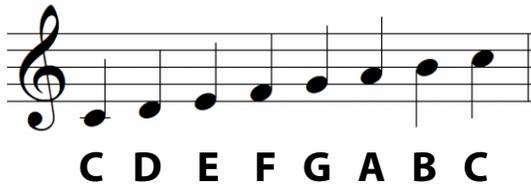
natural



Cancels a sharp or a flat.

SINGING MAJOR SCALES

A **major scale** is a series of eight notes whose names are in alphabetical order.



Can you find semitones on the piano keyboard?

The unique sound of the major scale is due to the pattern of **(whole) tones** and **semitones**. Semitones are found between the 3rd and 4th and 7th and 8th degrees of the scale.

TONE TONE **SEMITONE** TONE TONE TONE **SEMITONE**

1. Listen carefully as your teacher sings major scales starting on different notes.
2. Sing the **C major scale** *slowly* using the tonic sol-fa syllables.



D R M F S L T D' T L S F M R D

3. I can sing the major scale without assistance: (check when completed)

- a) ascending only.
- b) descending only.
- c) ascending and descending.
- d) ascending and descending in one breath.
- e) ascending and descending using vowel sounds.
- f) with my eyes closed.

4. Sing the **F major scale**.



D R M F S L T D'

Moveable DO means that **DO** is always the first note of the key or major scale.

When we sing in C major, **DO** is **C**.

When we sing in F major, **DO** is **F**.

DO'

TI

LA

SO

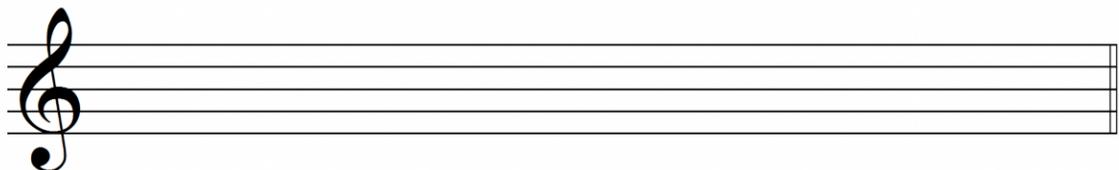
FA

MI

RE

DO

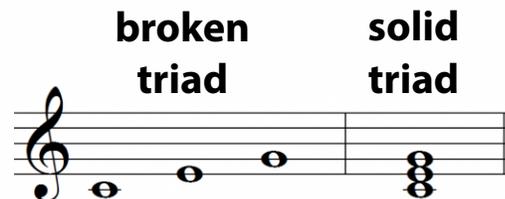
5. Write the ascending C major scale using whole notes.



SINGING MAJOR TRIADS

A **triad** is a chord made up of the first, third, and fifth notes of a scale. The notes on the staff move from line to line to line or space to space to space.

A **MAJOR TRIAD** is made up of the first, third and fifth notes of a major scale. **DO, MI, SO.** If the notes are played one after another it is a **broken triad**. If the notes are played at the same time, it is called a **solid triad**.



1. Sing the following:

a) **DO DO MI MI SO**

b) **DO MI DO MI SO**

c) **DO MI MI SO SO**

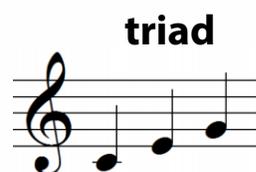
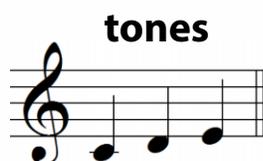
d) **DO MI MI SO MI**

2. Sing major triads ascending and descending using tonic sol-fa after your teacher plays a starting note.



3. Listen to the following three-note melodies, played *at random* by your teacher.

4. Identify if the melodies are **tones**, **semitones** or **triads**.

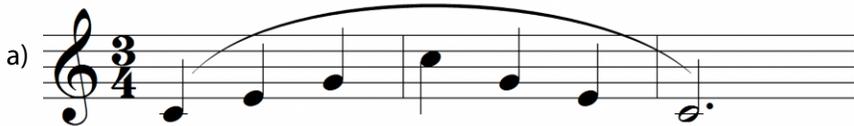


An **arpeggio** is a broken chord made up of the first, third, fifth and eighth notes of a scale.

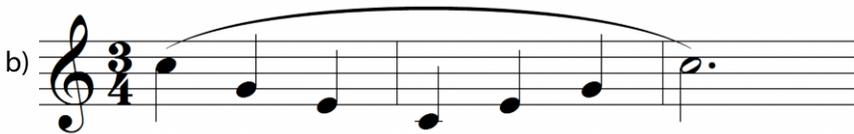
DO MI SO DO'

AWESOME ARPEGGIOS

1.  Sing the arpeggios *slowly* using:



- a) tonic sol-fa
- b) note names
- c) vowel sounds



2.  Sing the arpeggio with the following:



- a) a very slow tempo (lento)
- b) a moderate tempo (andante)
- c) a fast tempo (allegro)
- d) a very fast tempo (presto)

ARPEGGIO CHALLENGE

3.  Sing the following arpeggios.



BONUS QUESTIONS:

Look at the arpeggio exercises. Can you find the following music symbols?

- a) fermata
- b) repeat sign
- c) articulation markings
- d) time signature
- e) treble clef
- f) dynamic markings
- g) bar lines



TONGUE TWISTERS

A **tongue twister** is a phrase or sentence that is difficult to speak quickly, usually because of alliteration (same consonant sound) or a sequence of similar sounding words. Tongue twisters are great exercises for singers!

1. Red leather, yellow leather (x3)

2. Mixed biscuits (x3)

3. I wish to wash my Irish wrist watch.

4. Real Rock Wall (x3)

5. Purple paper people (x3)

6. Any noise annoys an oyster, but a noisy noise annoys an oyster most.

7. Rory the warrior and Roger the worrier were reared wrongly in a rural brewery.

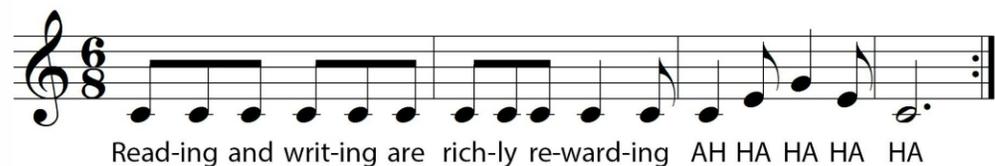
8. A big black bug bit a big black bear, made the big black bear bleed blood.

9. Four furious friends fought for the phone.

10. So, this is the Sushi Chef.

TIPS FOR TONGUE TWISTERS

1. Start slowly and carefully.
2. Make sure the beginning AND the end of each word is clear.
3. Repeat the phrase, gradually speed up while keeping clarity in the words.



* Can be sung legato or staccato

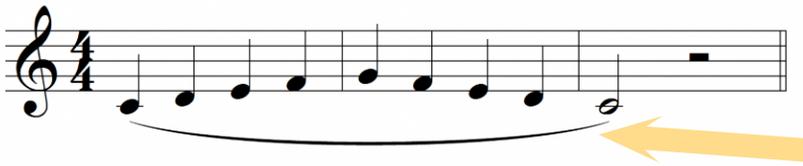


SINGING WITH ARTICULATIONS

Articulations specify how individual notes are to be performed within a phrase or passage of music. **Articulation markings** are symbols that tell us how to exactly sing (or play) a note (or notes).

LEGATO Sing legato! Legato means **smooth and connected**.

1.  Sing the following exercise using relaxed, open vowel sounds.

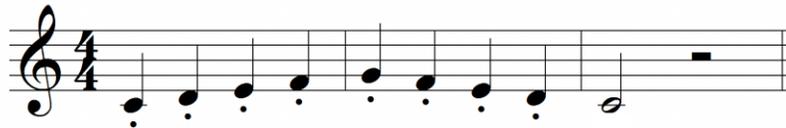


The curved line connecting the notes is called a **slur**. It tells us to sing **legato**.

STACCATO Sing Staccato! Staccato means **short and detached**. Staccato notes are marked with dots above or below the note head.



2.  Sing the following exercise slowly.



RETURN TO REPERTOIRE

Can you find articulation markings in the music you are performing?

Why do you think the composer wanted to use different articulations in this song?

ARTICULATION CHALLENGE

3.  Sing the following exercises slowly.



4.  Draw your own articulation markings in the exercise below.
5.  Sing your new exercise slowly. (Or make your teacher sing it!)

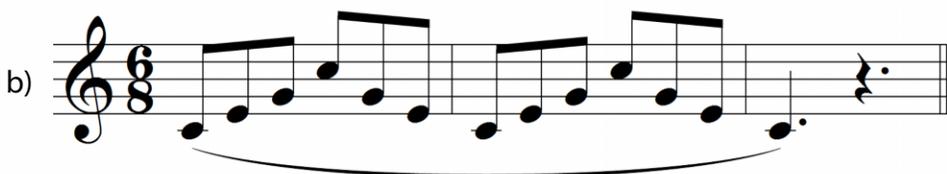
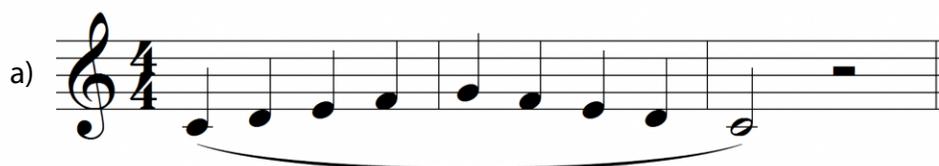


Dynamics refer to the **volume** that the music is being sung or played. Different volumes are marked in your score with music symbols called **dynamic markings**.
Singing with dynamics makes music exciting.

SINGING WITH DYNAMICS

-  Sing the exercises below slowly using these dynamics:
 a) piano (*p*) b) forte (*f*) c) pianissimo (*pp*)
 d) a crescendo e) a crescendo and a decrescendo

-  Add some of your own dynamic markings to each exercise and make your teacher sing it.



crescendo (cresc.)



gradually sing louder.

**decrescendo
diminuendo (dim.)**



gradually sing softer.

fortepiano (*fp*)
 indicates a forte followed immediately by piano

sforzando (*sfz*)
 with marked emphasis

morendo
 dying away

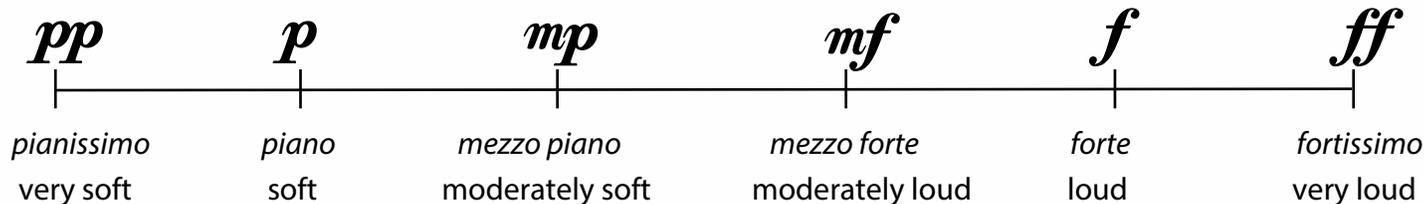
pianoforte (*pf*)
 soft and then immediately strong

subito
 means "suddenly" as in "subito piano"

poco
 means "little" as in "poco cresc."

DYNAMIC CHALLENGE

-  Look at a piece from your repertoire.
 -  circle all dynamic markings with a pencil.
 -  add some of your own dynamic markings to this piece.
 -  perform this music for your teacher focusing on performing all the dynamic markings.



Major scale: **DO RE MI FA SO LA TI DO'**

Major triad: **DO MI SO**

Arpeggio: **DO MI SO DO'**

SCALES, TRIADS & ARPEGGIOS

1.  Sing the following exercises without assistance from the piano. You may use tonic sol-fa or vowel sounds. Check when completed.

Major Scales

- a) an ascending major scale. b) a descending major scale.
 c) an ascending and descending major scale.

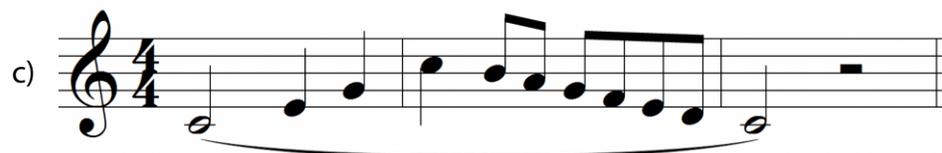
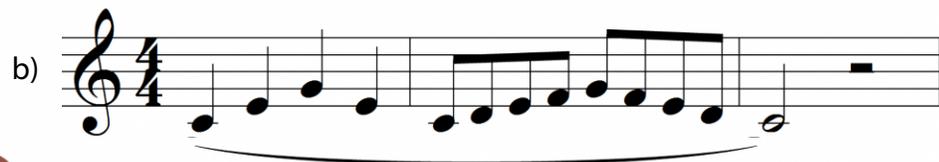
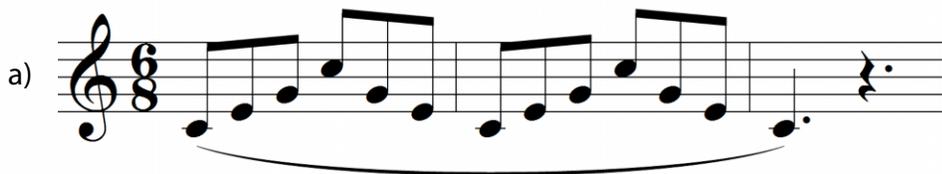
Triads

- d) a major triad.

Arpeggios

- e) an ascending and descending arpeggio.

2.  Sing the following exercises.



A **semitone** is the smallest **interval**.

A **chromatic scale** is a scale that moves in semitones. You use different tonic sol-fa syllables when you ascend and descend.

ASCENDING CHROMATIC SCALE

ASCENDING CHROMATIC TONIC SOL-FA
syllables are pronounced with an "EE"
sound. (di = "dee")

di ri fi si li

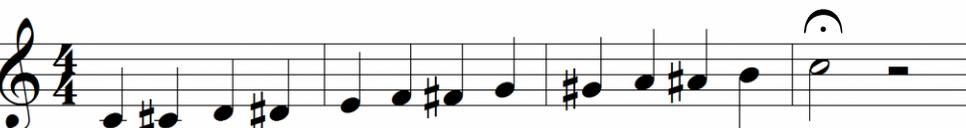
1. 🗣️ Sing the ascending chromatic scale very slowly. (Hand signs optional)

a) 

DO di RE ri

b) 

DO di RE ri MI FA fi SO

c) 

DO di RE ri MI FA fi SO si LA li TI DO'

2. 🗣️ Sing the ascending chromatic scale above using:
 - a) vowel sounds.
 - b) different dynamics (piano and forte).
 - c) different tempo (lento, moderato and allegro).
 - d) different articulations (legato and staccato).

3. 🗣️ What is a sharp?

4. 🗣️ Are you singing any songs that have chromatic passages?



DO'

TI

li

LA

si

SO

fi

FA

MI

ri

RE

di

DO

START HERE

DESCENDING CHROMATIC SCALE

An **interval** is the distance between two notes.
A **semitone** (or half step) is the smallest interval.

A **chromatic scale** is a 12 note (plus octave) scale that moves in semitones.

START HERE

DO'

TI te

LA le

SO se

FA fa

MI me

RE re

DO

DESCENDING CHROMATIC TONIC SOL-FA

syllables are all pronounced with an "AY" sound (te = "tay") except for "ra" which is pronounced "RAW".

te le se me ra

1. A chromatic scale moves in: (*circle one*)

whole tones semitones skips steps

2. Sing the descending chromatic scale very slowly. (Hand signs optional)

DO' TI **te** LA

DO' TI **te** LA **le** SO **se** FA

DO' TI **te** LA **le** SO **se** FA MI **me** RE **ra** DO

3. Sing the descending chromatic scale slowly using vowel sounds.
4. What is a flat?

CHROMATIC CHALLENGES!

What is an **interval**?

What is a **semitone**?

What is a **chromatic scale**?

How many notes are in a chromatic scale?

1.  Fill in the missing ascending chromatic tonic sol-fa under the notes.

2.  Sing the ascending chromatic scale very slowly.



DO _ RE _ MI FA _ SO _ LA _ TI DO'

3.  Fill in the missing descending chromatic tonic sol-fa under the notes.

4.  Sing the descending chromatic scale very slowly.



DO' TI _ LA _ SO _ FA MI _ RE _ DO

5.  Sing the following exercises slowly using: a) tonic sol-fa b) vowel sounds



6.  Sing the ascending and descending chromatic scale using: a) tonic sol-fa b) vowel sounds

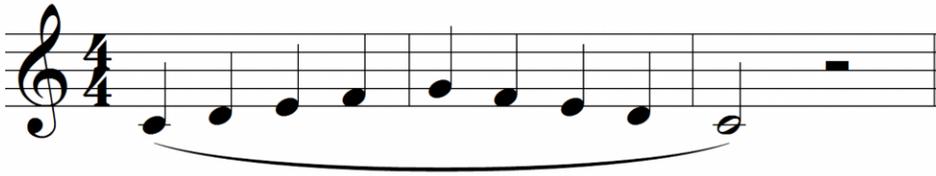
MAJOR & MINOR PENTASCALES

Penta means five and **scale** means degrees.
A **pentascale** is 5 notes in alphabetical order with a specific pattern of tones and semitones.

major pentascale – tone, tone, semitone, tone.

minor pentascale – tone, semitone, tone, tone.

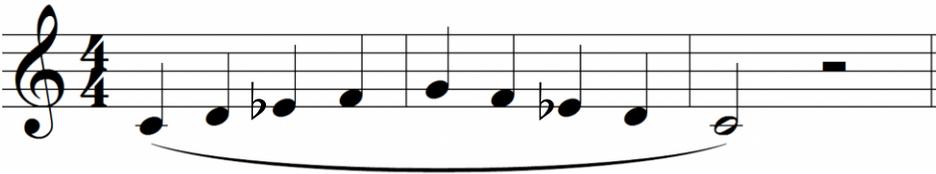
1.  Sing the **major** pentascale below using: a) tonic sol-fa b) vowels
2.  Circle where the semitones are in this exercise.



Can you play this exercise on the piano?

Can you play a major pentascale starting on a D?

3.  Sing the **minor** pentascale below using: a) tonic sol-fa b) vowels
4.  Circle where the semitones are in this exercise.



Can you play this exercise on the piano?

Can you play a minor pentascale starting on a D?

DO RE **me** FA SO FA **me** RE DO
LA TI DO RE MI RE DO TI LA

PENTASCALE CHALLENGE

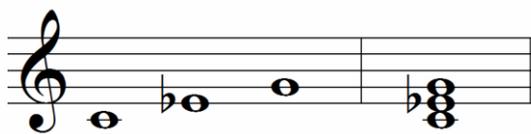
5.  Warm up your voice by singing major and minor pentascales.
6.  What is the pattern of tones and semitones when singing a *minor* pentascale?
7.  Sing the following exercise after your teacher plays a starting note on piano. (*Check when completed*)
 - a) major pentascale b) minor pentascale.
 - c) major pentascale ascending and minor pentascale descending.
 - d) minor pentascale ascending and major pentascale descending.

A **minor triad** is the same as a major triad but the middle note (3rd) is lowered by a semitone. Listen to your teacher play or sing minor triads. **How would you describe the sound of a minor triad?**

SINGING MINOR TRIADS

MINOR TRIADS can be sung using the tonic sol-fa:

1. DO me SO or **2. LA DO MI**



Can you play a minor triad on the piano?

1. 🧠 Sing the following major triad slowly using: a) tonic sol-fa b) vowel sounds



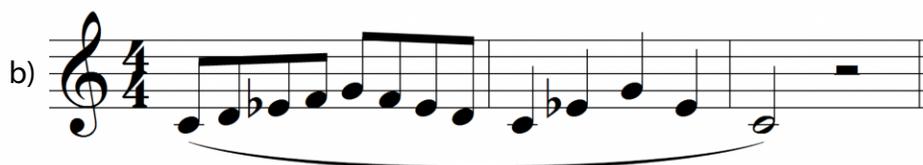
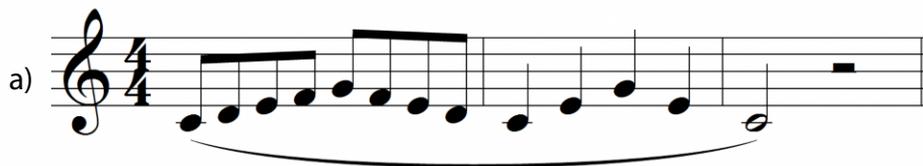
2. ✎ Draw a flat beside the correct notes to make the exercise below a minor triad.

3. 🧠 Sing the following exercise slowly using: a) tonic sol-fa b) vowel sounds



MINOR & MINOR CHALLENGES

4. 🧠 Sing the following exercises using: a) vowels b) contrasting tempos c) contrasting dynamics



Minor scales have a different pattern of tones and semitones making them sound different from major scales. Listen to your teacher play or sing minor scales. How would you describe the sound?

NATURAL MINOR SCALE

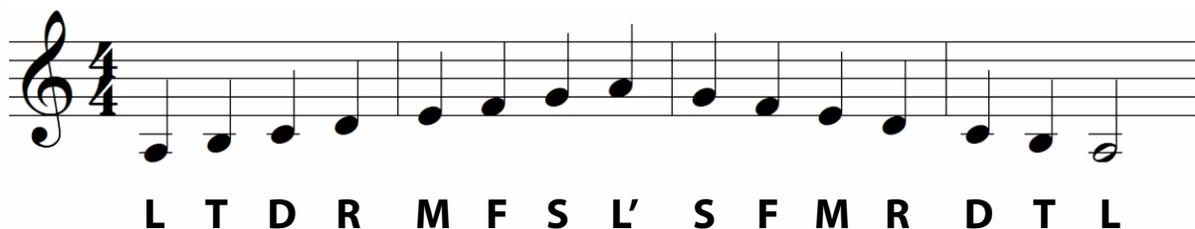
NATURAL MINOR SCALE

Every major scale has a **relative natural minor scale**. A relative natural minor scale uses the same key signature as the major scale but you sing **LA** to **LA'** rather than **DO** to **DO'**.

1. 🗣️ Sing the following major scale slowly using tonic sol-fa.
2. 🖍️ Circle where the semitones are in a major scale.



3. 🗣️ From **Low DO**, sing steps down to **LA**. (**DO, TI, LA**)
4. 🗣️ Now sing steps from **LA** to **LA'**. This is the sound of a **natural minor scale**.
5. 🖍️ Circle where the semitones are in a natural minor scale.



You can also sing minor scales starting on **DO** and using the chromatic tonic sol-fa for notes that are lowered. (**me, le, te**)



HARMONIC MINOR SCALE

A **harmonic minor scale** is a natural minor scale with the seventh note raised a semitone ascending and descending. Listen to your teacher play or sing harmonic minor scales. **How would you describe the sound of this scale?**

1.  Write the tonic sol-fa syllables under the notes of each scale. For the minor scales, use the method that you prefer (starting on **LA** or **DO**).
2.  Circle where the semitones are in each scale.
3.  Sing the following scales very slowly using tonic sol-fa.
4.  Describe the sound of each scale.

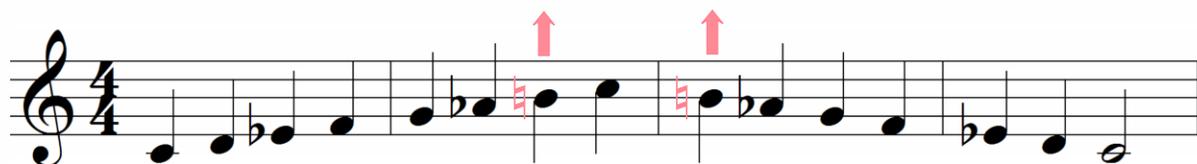
a) major scale



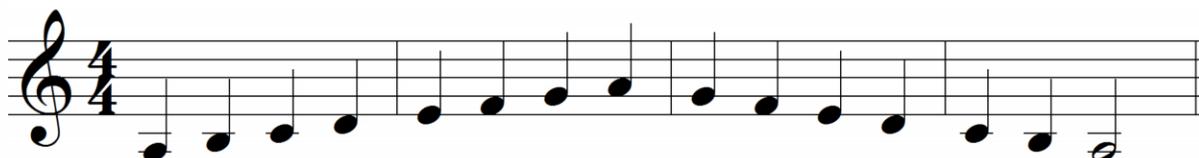
b) natural minor scale (lowered 3rd, 6th and 7th)



c) harmonic minor scale (lowered 3rd and 6th)



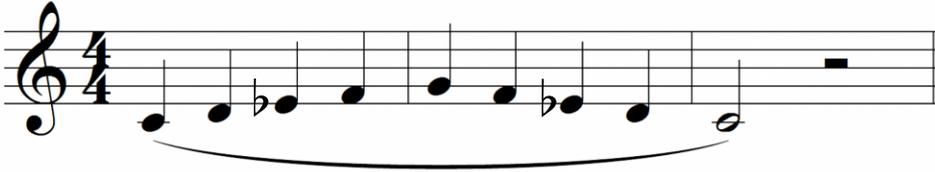
5.  Add a sharp to the A natural minor scale below to make it a harmonic minor scale.
6.  Sing the following scale very slowly using: a) tonic sol-fa b) vowels



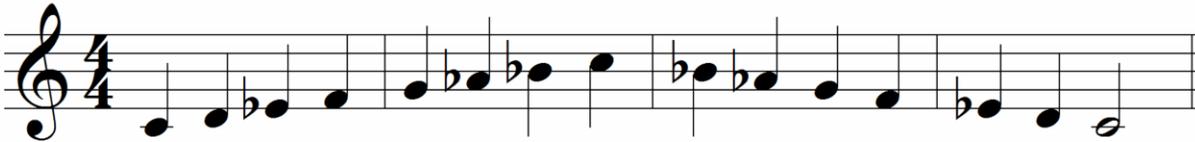
MELODIC MINOR SCALE

A **melodic minor scale** raises both the sixth and seventh notes one semitone when ascending, and descends like the natural minor scale. Listen to your teacher play or sing this scale. **How would you describe the sound of this scale?**

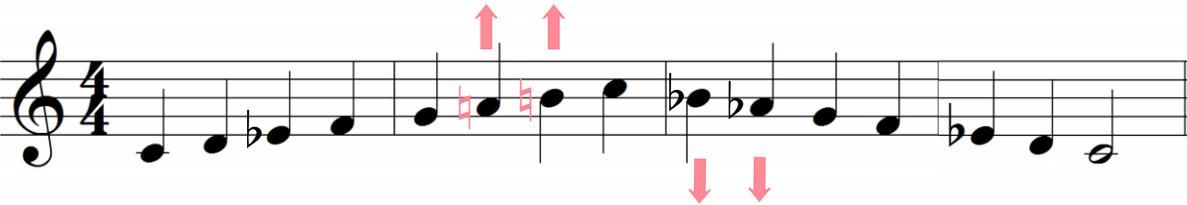
1. 🗣️ Sing the **minor pentascale** below.



2. 🗣️ Sing the **natural minor** scale below.



3. 🗣️ Sing the **melodic minor** scale below.



MINOR SCALE CHALLENGE

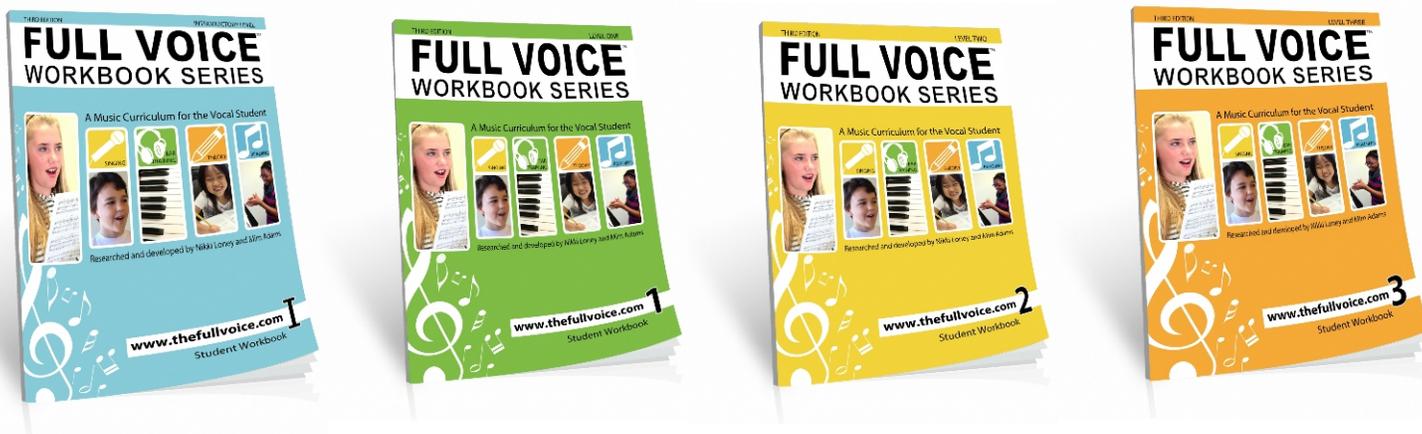
4. 🗣️ Listen to your teacher play natural minor, harmonic minor or melodic minor scales. Can you identify the minor scale they played?
5. 🗣️ Sing the following minor scales after your teacher plays a starting note on the piano. (Check when completed)
- a) minor pentascale b) natural minor scale
- c) harmonic minor scale d) melodic minor scale

Are you currently performing any repertoire that uses minor scales?

HEY VOICE TEACHER!

Thank you for purchasing the VOCAL WARM-UPS & TECHNICAL EXERCISES FOR KIDS. We created these singing activity pages so teachers and students could have fun learning about singing and music in every lesson. **This product comes with a studio/classroom license that allows you to print these pages for your students...forever.** Please do not share this document online. This prevents us from creating new products for you.

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Happy Singing ~ Nikki (nikki@thefullvoice.com)

SINGING STEPS
DO RE MI
C D E

SINGING SKIPS
DO MI SO
C E G

STEPS & SKIPS

NOTES MOVING IN STEPS

Notes moving in steps on the staff move from line-space-line-space-line

1. Sing the following.

DO RE MI RE MI

2. Fill in the missing stepping notes.

3. Sing this stepping exercise using: a) tonic sol-fa b) vowel sounds c) note names

DO'
TI
LA
SO
FA

VOCAL WARM-UPS & TECHNICAL EXERCISES FOR KIDS!

20 fun and colourful vocal activity boards that offer endless singing exercises for vocal students ages 6 to 16. This package includes:

- Tonic sol-fa (Movable DO)
- Steps and Skips
- Singing with Articulation
- Singing with Dynamics
- Awesome Arpeggios
- Tongue Twisters
- Vowel Sounds
- Chromatic Scales
- Singing Scales
- Major Triads
- Minor Triads
- Minor Scales
- And MORE!

NOTES MOVING IN SKIPS

A triad is a chord made up of the first, third, and fifth notes of a scale. The notes on the staff move from line to line to line or space to space to space.

SINGING MAJOR TRIADS

A MAJOR TRIAD is made up of the first, third and fifth notes of a major scale. DO, MI, SO. If the notes are played one after another it is a broken triad. If the notes are played at the same time, it is called a solid triad.

Broken triad

Solid triad

1. Sing the following:

a) DO DO MI MI SO b) DO MI DO MI SO

c) DO MI MI SO SO d) DO MI MI SO MI

2. Sing major triads ascending and descending using tonic sol-fa after your teacher plays a starting note.



Articulations specify how individual notes are to be performed within a phrase or passage of music. Articulation markings are symbols that tell us how to exactly sing (or play) a note (or notes).

SINGING WITH ARTICULATIONS

LEGATO

Sing legato! Legato means smooth and connected.

1. Sing the following exercise using relaxed, open vowel sounds.

The curved line connecting the notes is called a slur. It tells us to sing legato.

STACCATO

Sing Staccato! Staccato means short and detached. Staccato notes are marked with stars above or below the note head.

2. Sing the following exercise slowly.

ARTICULATION CHALLENGE!

3. Sing the following exercise.

ASCENDING CHROMATIC SCALE

A semitone is the smallest interval. A chromatic scale is a scale that moves in semitones. You use different tonic sol-fa syllables when you ascend and descend.

4. Draw your own chromatic scale.

5. Sing your own chromatic scale.

ASCENDING CHROMATIC TONIC SOL-FA

syllables are pronounced with an "EE" sound. (ei = "deer")

1. Sing the ascending chromatic scale very slowly. (Hand signs optional)

DO di BE ri

DO RE MI FA SO

DO RE MI FA SO

DO'

TI

LA

SO

FA

MI

RE

DI

DO

START HERE

A melodic minor scale raises both the sixth and seventh notes one semitone when ascending, and descends like the natural minor scale. Listen to your teacher play or sing this scale. How would you describe the sound of this scale?

MELODIC MINOR SCALE

1. Sing the minor pentatonic below.

2. Sing the natural minor scale below.

3. Sing the melodic minor scale below.

MINOR SCALE CHALLENGE

4. Listen to your teacher play natural minor, harmonic minor or melodic minor scales. Can you identify the minor scale they played?

5. Sing the following minor scales after your teacher plays a starting note on the piano. (Check when completed)

a) minor pentatonic b) natural minor scale

c) harmonic minor scale d) melodic minor scale

Are you currently performing any repertoire that uses minor scales?



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TONIC SOL-FA

1.  Warm up your voice by singing the tonic sol-fa scale ascending and descending. (Hand signs are optional)

2.  Check when completed.

- I can sing and sign the scale **ascending**.
- I can sing and sign the scale **descending**.
- I can sing the scale **ascending and descending in one breath**.

3.  Sing the following tonic sol-fa patterns *without* signing.

a) **DO DO DO RE MI**

b) **DO RE MI FA SO**

c) **DO RE DO RE MI**

4.  Write your own tonic sol-fa melody.

5.  Sing your melody.

6.  Sing the sol-fa using the correct rhythm.

a) 
DO RE DO RE MI

DO'



TI



LA



SO



FA



MI



RE



DO



TONIC SOL-FA

1.  Sing and sign the entire scale **ascending** and **descending**.

2.  Sing and sign the following.

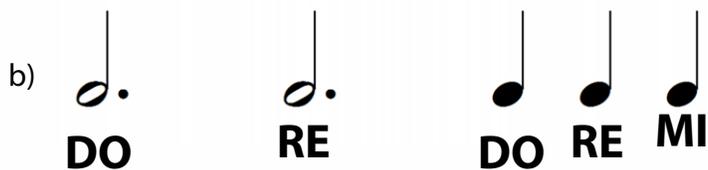


3.  Sing the following:

a) **DO DO DO RE MI**

b) **DO RE MI FA SO**

4.  Sing the tonic sol-fa with the correct rhythm.



5.  Write your own tonic sol-fa melody.

6.  Sing your melody. (Or make your teacher sing it!)

DO' 

TI 

LA 

SO 

FA 

MI 

RE 

DO 

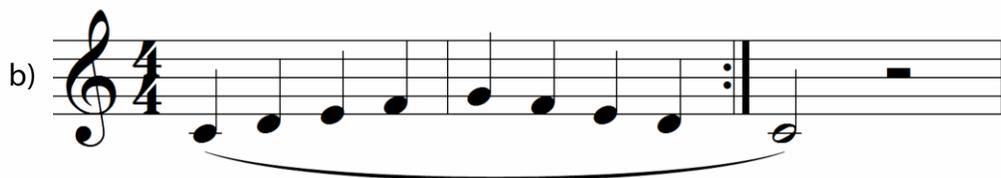
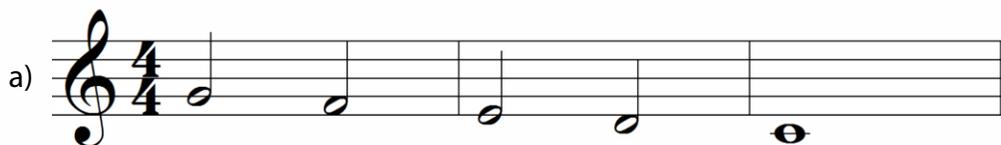
When singing vocal exercises and warm-ups, singers use different vowel sounds. **Vowel shaping is important!** Pay close attention to the shape of your mouth and the sound of each vowel.

VOWEL SOUNDS

It is helpful to use common words to make sure your vowel sounds are correct. Your teacher may use different words to help you get the best sound!

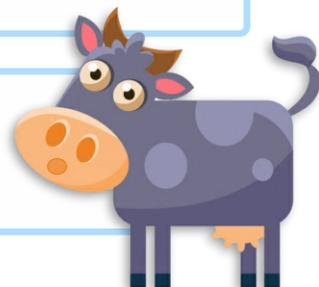
EE - meet **EH - chaotic,** **AH - father** **OH - obey,** **OO - too,**

1.  Sing the following exercises and explore the different vowel sounds above.



2.  How does a singer form different vowels and consonants?
3.  Which vowel is
 - a) the easiest sound for singing high notes?
 - b) the most difficult sound for singing high notes?
 - c) your favourite sound to sing?

MEE MEH MAH MOH MOO



STEPS & SKIPS

SINGING STEPS

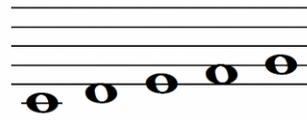
DO RE MI
C D E

SINGING SKIPS

DO MI SO
C E G

NOTES MOVING IN STEPS

Notes moving in steps on the staff move from **line - space - line - space - line**



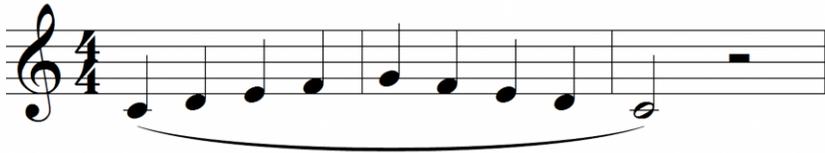
1. Sing the following.

DO RE MI RE MI

2. Fill in the missing stepping notes.



3. Sing this stepping exercises using: a) tonic sol-fa b) vowel sounds c) note names



NOTES MOVING IN SKIPS

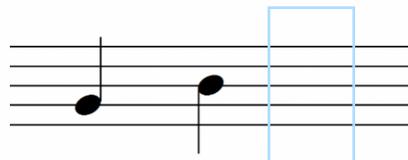
Notes moving in skips on the staff move from **line - line - line** or **space - space - space**



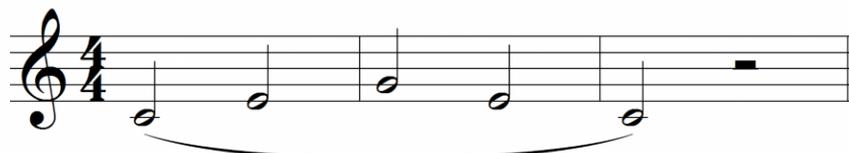
4. Sing the following.

DO MI SO MI SO

5. Fill in the missing skipping note.



6. Sing this skipping exercise using: a) tonic sol-fa b) vowel sounds c) note names



DO'

TI

LA

SO

FA

MI

RE

DO

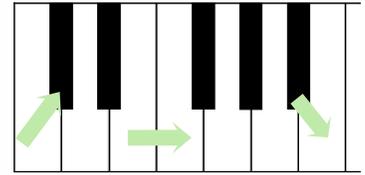


TONES & SEMITONES

An **interval** is the distance between two notes. Tones and semitones are small intervals that are easy to sing! Explore tones and semitones on the piano, in your music and with your voice.

SEMITONE (or half step) is the smallest interval. It is the distance from one key on the piano to *the very next* key, with no key in between.

Example: **C to C[#], E to F, B^b to B.**



Can you find a semitone on the piano?

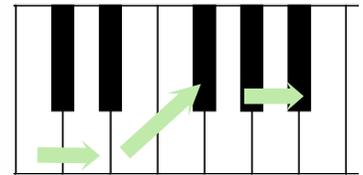
Can you find semitone passages in your music?

1. 🗣️ Sing the semitone exercise slowly using vowel sounds.



WHOLE TONE (or tone) is equal to two semitones. It is the distance from one key to another with *only one* key in between.

Example: **C to D, E to F[#], G[#] to A[#].**



Listen to your teacher play or sing tones and semitones. Can you identify the sounds?

2. 🗣️ Sing the tone exercise slowly using vowel sounds.



ACCIDENTALS are music symbols that change the pitch of a note by a semitone.

sharp



Raises a note by a semitone.

flat



Lowers a note by a semitone.

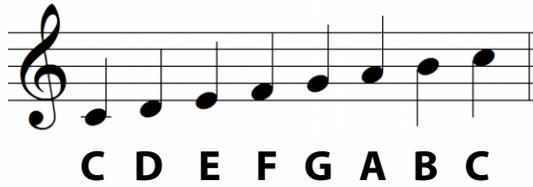
natural



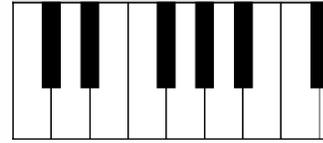
Cancels a sharp or a flat.

SINGING MAJOR SCALES

A **major scale** is a series of eight notes whose names are in alphabetical order.



The unique sound of the major scale is due to the pattern of **(whole) tones** and **semitones**. Semitones are found between the 3rd and 4th and 7th and 8th degrees of the scale.



Can you find semitones on the piano keyboard?

TONE TONE **SEMITONE** TONE TONE TONE **SEMITONE**

1. Listen carefully as your teacher sings major scales starting on different notes.
2. Sing the **C major scale** *slowly* using the tonic sol-fa syllables.



D R M F S L T D' T L S F M R D

3. I can sing the major scale without assistance: (check when completed)

- a) ascending only.
- b) descending only.
- c) ascending and descending.
- d) ascending and descending in one breath.
- e) ascending and descending using vowel sounds.
- f) with my eyes closed.

4. Sing the **F major scale**.



D R M F S L T D'

Moveable DO means that **DO** is always the first note of the key or major scale.

When we sing in C major, **DO** is **C**.

When we sing in F major, **DO** is **F**.

DO'

TI

LA

SO

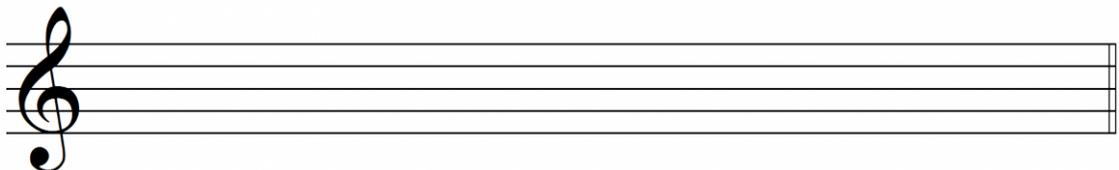
FA

MI

RE

DO

5. Write the ascending C major scale using whole notes.



SINGING MAJOR TRIADS

A **triad** is a chord made up of the first, third, and fifth notes of a scale. The notes on the staff move from line to line to line or space to space to space.

A **MAJOR TRIAD** is made up of the first, third and fifth notes of a major scale. **DO, MI, SO.** If the notes are played one after another it is a **broken triad**. If the notes are played at the same time, it is called a **solid triad**.



1. Sing the following:

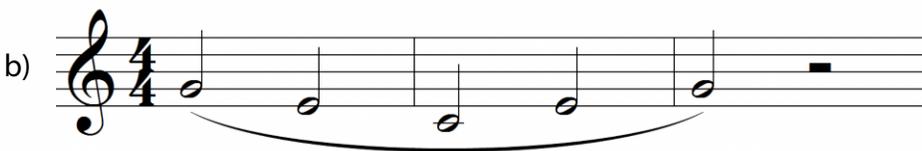
a) **DO DO MI MI SO**

b) **DO MI DO MI SO**

c) **DO MI MI SO SO**

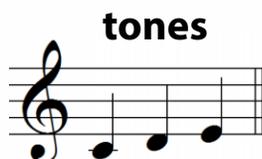
d) **DO MI MI SO MI**

2. Sing major triads ascending and descending using tonic sol-fa after your teacher plays a starting note.



3. Listen to the following three-note melodies, played *at random* by your teacher.

4. Identify if the melodies are **tones**, **semitones** or **triads**.

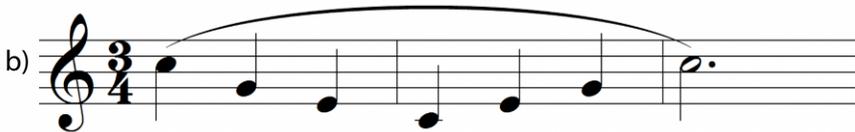
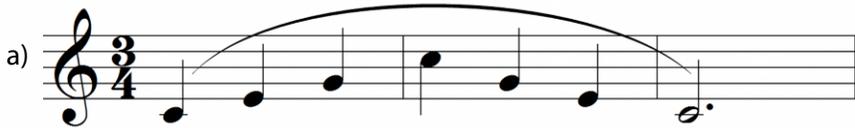


An **arpeggio** is a broken chord made up of the first, third, fifth and eighth notes of a scale.

DO MI SO DO'

AWESOME ARPEGGIOS

1.  Sing the arpeggios *slowly* using:



- a) tonic sol-fa
- b) note names
- c) vowel sounds

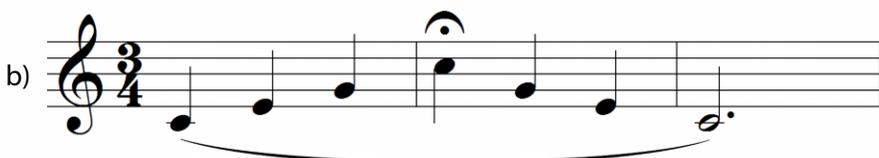
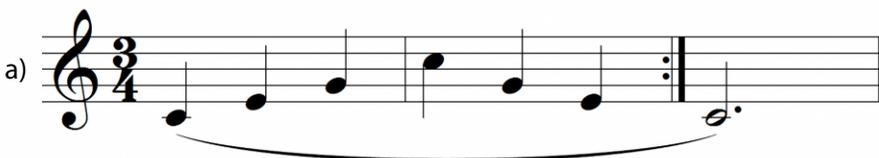
2.  Sing the arpeggio with the following:



- a) a very slow tempo (lento)
- b) a moderate tempo (andante)
- c) a fast tempo (allegro)
- d) a very fast tempo (presto)

ARPEGGIO CHALLENGE

3.  Sing the following arpeggios.



BONUS QUESTIONS:

Look at the arpeggio exercises. Can you find the following music symbols?

- a) fermata
- b) repeat sign
- c) articulation markings
- d) time signature
- e) treble clef
- f) dynamic markings
- g) bar lines



TONGUE TWISTERS

A **tongue twister** is a phrase or sentence that is difficult to speak quickly, usually because of alliteration (same consonant sound) or a sequence of similar sounding words. Tongue twisters are great exercises for singers!

1. Red leather, yellow leather (x3)

2. Mixed biscuits (x3)

3. I wish to wash my Irish wrist watch.

4. Real Rock Wall (x3)

5. Purple paper people (x3)

6. Any noise annoys an oyster, but a noisy noise annoys an oyster most.

7. Rory the warrior and Roger the worrier were reared wrongly in a rural brewery.

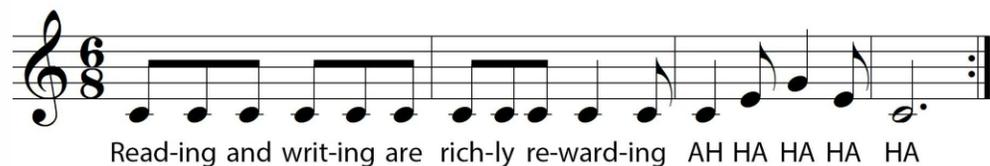
8. A big black bug bit a big black bear, made the big black bear bleed blood.

9. Four furious friends fought for the phone.

10. So, this is the Sushi Chef.

TIPS FOR TONGUE TWISTERS

1. Start slowly and carefully.
2. Make sure the beginning AND the end of each word is clear.
3. Repeat the phrase, gradually speed up while keeping clarity in the words.



* Can be sung legato or staccato

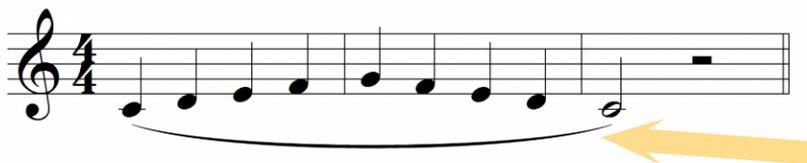


SINGING WITH ARTICULATIONS

Articulations specify how individual notes are to be performed within a phrase or passage of music. **Articulation markings** are symbols that tell us how to exactly sing (or play) a note (or notes).

LEGATO Sing legato! Legato means **smooth and connected**.

1.  Sing the following exercise using relaxed, open vowel sounds.



The curved line connecting the notes is called a **slur**. It tells us to sing **legato**.

STACCATO Sing Staccato! Staccato means **short and detached**. Staccato notes are marked with dots above or below the note head.



2.  Sing the following exercise slowly.



ARTICULATION CHALLENGE

3.  Sing the following exercises slowly.



4.  Draw your own articulation markings in the exercise below.
5.  Sing your new exercise slowly. (Or make your teacher sing it!)



RETURN TO REPERTOIRE

Can you find articulation markings in the music you are performing?

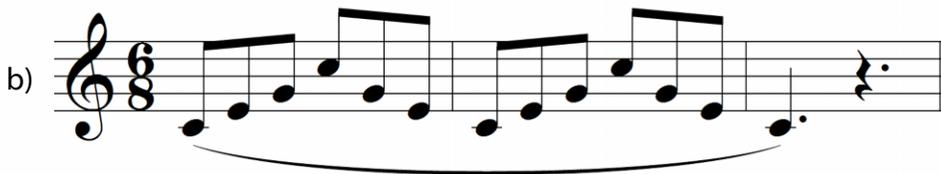
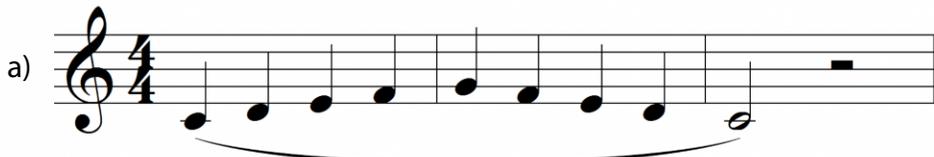
Why do you think the composer wanted to use different articulations in this song?



SINGING WITH DYNAMICS

Dynamics refer to the **volume** that the music is being sung or played. Different volumes are marked in your score with music symbols called **dynamic markings**.
Singing with dynamics makes music exciting.

-  Sing the exercises below slowly using these dynamics:
 - piano (*p*)
 - forte (*f*)
 - pianissimo (*pp*)
 - a crescendo
 - a crescendo and a decrescendo
-  Add some of your own dynamic markings to each exercise and make your teacher sing it.



crescendo (cresc.)



gradually sing louder.

**decrescendo
diminuendo (dim.)**



gradually sing softer.

fortepiano (*fp*)

indicates a forte followed immediately by piano

sforzando (*sfz*)

with marked emphasis

morendo

dying away

pianoforte (*pf*)

soft and then immediately strong

subito

means "suddenly" as in "subito piano"

poco

means "little" as in "poco cresc."

DYNAMIC CHALLENGE

-  Look at a piece from your repertoire.
 -  circle all dynamic markings with a pencil.
 -  add some of your own dynamic markings to this piece.
 -  perform this music for your teacher focusing on performing all the dynamic markings.

pp

pianissimo
very soft

p

piano
soft

mp

mezzo piano
moderately soft

mf

mezzo forte
moderately loud

f

forte
loud

ff

fortissimo
very loud

SCALES, TRIADS & ARPEGGIOS

Major scale: **DO RE MI FA SO LA TI DO'**

Major triad: **DO MI SO**

Arpeggio: **DO MI SO DO'**

1.  Sing the following exercises without assistance from the piano.
You may use tonic sol-fa or vowel sounds. Check when completed.

Major Scales

- a) an ascending major scale. b) a descending major scale.
c) an ascending and descending major scale.

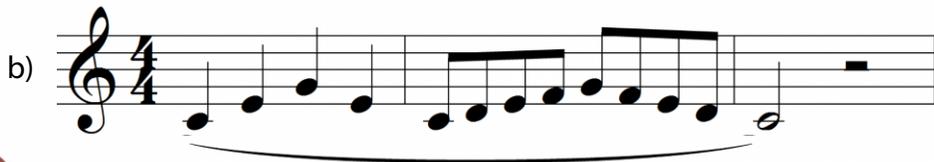
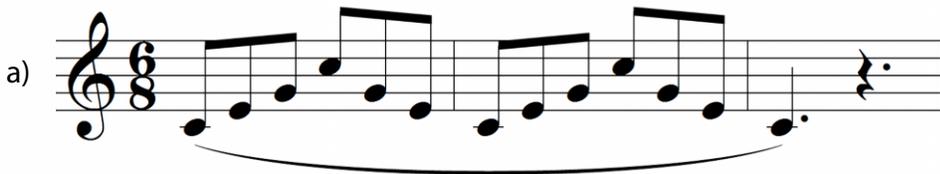
Triads

- d) a major triad.

Arpeggios

- e) an ascending and descending arpeggio.

2.  Sing the following exercises.



A **semitone** is the smallest **interval**.
A **chromatic scale** is a scale that moves in semitones. You use different tonic sol-fa syllables when you ascend and descend.

ASCENDING CHROMATIC SCALE

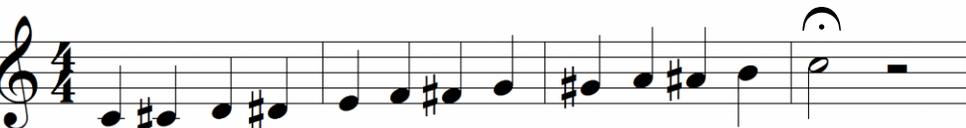
ASCENDING CHROMATIC TONIC SOL-FA syllables are pronounced with an "EE" sound. (di = "dee")

di ri fi si li

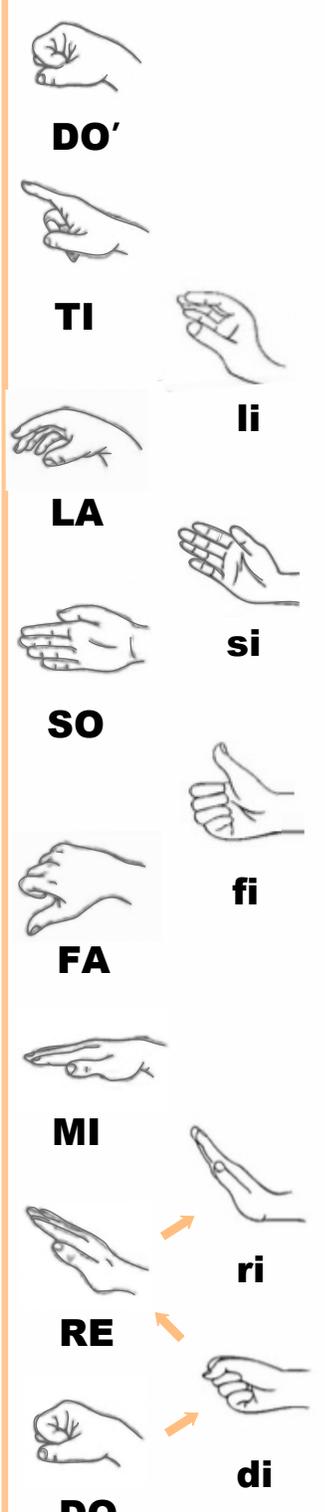
1. 🗣️ Sing the ascending chromatic scale very slowly. (Hand signs optional)

a) 
DO di RE ri

b) 
DO di RE ri MI FA fi SO

c) 
DO di RE ri MI FA fi SO si LA li TI DO'

2. 🗣️ Sing the ascending chromatic scale above using:
a) vowel sounds.
b) using different dynamics (piano and forte).
c) using a different tempo (lento, moderato and allegro).
d) using different articulations (legato and staccato).
3. 🗣️ What is a sharp?
4. 🗣️ Are you singing any songs that have chromatic passages?



DO'

TI

li

LA

si

SO

fi

FA

MI

ri

RE

di

DO

START HERE

DESCENDING CHROMATIC SCALE

An **interval** is the distance between two notes.
A **semitone** (or half step) is the smallest interval.

A **chromatic scale** is a 12 note (plus octave) scale that moves in semitones.

START HERE

DO'

TI

te

LA

le

SO

se

FA

MI

me

RE

ra

DO

DESCENDING CHROMATIC TONIC SOL-FA

syllables are all pronounced with an "AY" sound (te = "tay") except for "ra" which is pronounced "RAW".

te le se me ra

1. A chromatic scale moves in: (*circle one*)

whole tones semitones skips steps

2. Sing the descending chromatic scale very slowly. (Hand signs optional)

DO' TI te LA

DO' TI te LA le SO se FA

DO' TI te LA le SO se FA MI me RE ra DO

3. Sing the descending chromatic scale slowly using vowel sounds.
4. What is a flat?

CHROMATIC CHALLENGES!

- What is an **interval**?
- What is a **semitone**?
- What is a **chromatic scale**?
- How many notes are in a chromatic scale?

1.  Fill in the missing ascending chromatic tonic sol-fa under the notes.
2.  Sing the ascending chromatic scale very slowly.



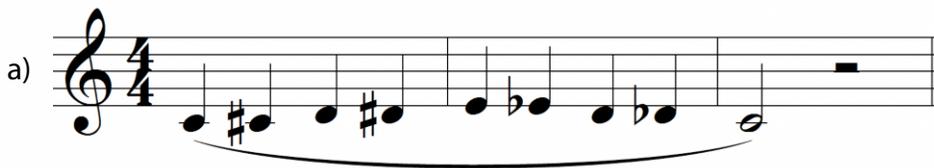
DO _ RE _ MI FA _ SO _ LA _ TI DO'

3.  Fill in the missing descending chromatic tonic sol-fa under the notes.
4.  Sing the descending chromatic scale very slowly.



DO' TI _ LA _ SO _ FA MI _ RE _ DO

5.  Sing the following exercises slowly using: a) tonic sol-fa b) vowel sounds



6.  Sing the ascending and descending chromatic scale using: a) tonic sol-fa b) vowel sounds

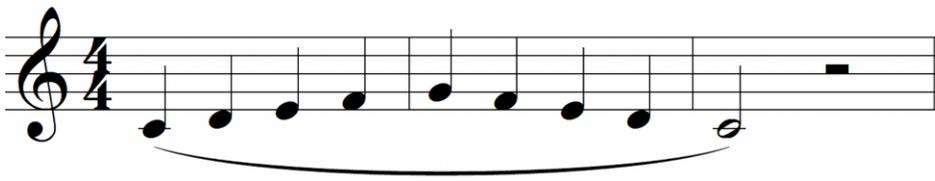
MAJOR & MINOR PENTASCALES

Penta means five and **scale** means degrees.
A **pentascale** is 5 notes in alphabetical order with a specific pattern of tones and semitones.

major pentascale – tone, tone, semitone, tone.

minor pentascale – tone, semitone, tone, tone.

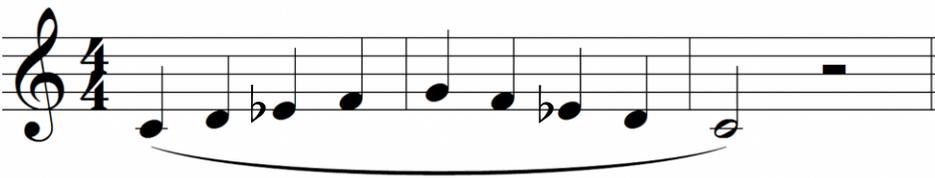
1.  Sing the **major** pentascale below using: a) tonic sol-fa b) vowels
2.  Circle where the semitones are in this exercise.



Can you play this exercise on the piano?

Can you play a major pentascale starting on a D?

3.  Sing the **minor** pentascale below using: a) tonic sol-fa b) vowels
4.  Circle where the semitones are in this exercise.



Can you play this exercise on the piano?

Can you play a minor pentascale starting on a D?

DO RE **me** FA SO FA **me** RE DO
LA TI DO RE MI RE DO TI LA

PENTASCALE CHALLENGE

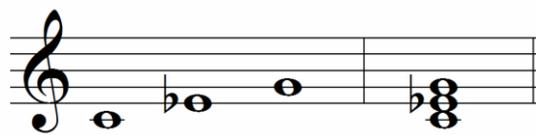
5.  Warm up your voice by singing major and minor pentascales.
6.  What is the pattern of tones and semitones when singing a *minor* pentascale?
7.  Sing the following exercise after your teacher plays a starting note on piano. (*Check when completed*)
 - a) a major pentascale
 - b) a minor pentascale.
 - c) a major pentascale ascending and minor pentascale descending.
 - d) a minor pentascale ascending and major pentascale descending.

A **minor triad** is the same as a major triad but the middle note (3rd) is lowered by a semitone. Listen to your teacher play or sing minor triads. **How would you describe the sound of a minor triad?**

SINGING MINOR TRIADS

MINOR TRIADS can be sung using the tonic sol-fa:

1. DO me SO or **2. LA DO MI**



Can you play a minor triad on the piano?

1. 🗣️ Sing the following major triad slowly using: a) tonic sol-fa b) vowel sounds



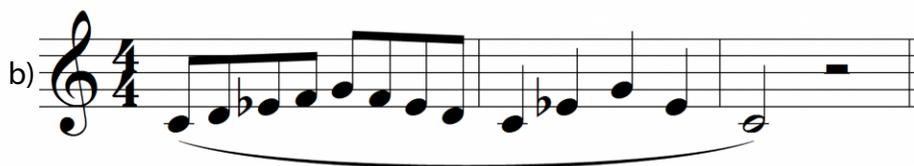
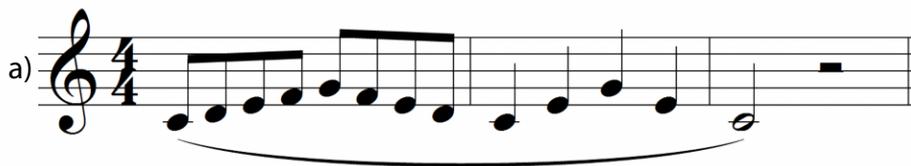
2. ✎️ Draw a flat beside the correct notes to make the exercise below a minor triad.

3. 🗣️ Sing the following exercise slowly using: a) tonic sol-fa b) vowel sounds



MINOR & MINOR CHALLENGES

4. 🗣️ Sing the following exercises using: a) vowels b) contrasting tempos c) contrasting dynamics



NATURAL MINOR SCALE

Minor scales have a different pattern of tones and semitones making them sound different from major scales. Listen to your teacher play or sing minor scales. How would you describe the sound?

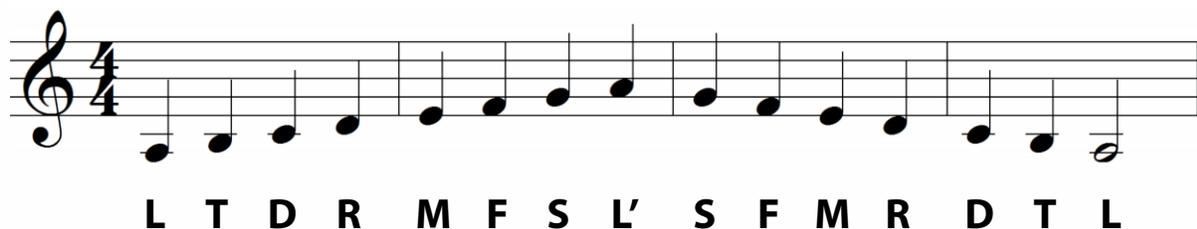
NATURAL MINOR SCALE

Every major scale has a **relative natural minor scale**. A relative natural minor scale uses the same key signature as the major scale but you sing **LA** to **LA'** rather than **DO** to **DO'**.

1. 🗣️ Sing the following major scale slowly using tonic sol-fa.
2. 🖍️ Circle where the semitones are in a major scale.



3. 🗣️ From **Low DO**, sing steps down to **LA**. (**DO, TI, LA**)
4. 🗣️ Now sing steps from **LA** to **LA'**. This is the sound of a **natural minor scale**.*
5. 🖍️ Circle where the semitones are in a natural minor scale.



*You can also sing minor scales starting on **DO** and using the chromatic tonic sol-fa for notes that are lowered. (**me, le, te**)



HARMONIC MINOR SCALE

A **harmonic minor scale** is a natural minor scale with the seventh note raised a semitone ascending and descending. Listen to your teacher play or sing harmonic minor scales. **How would you describe the sound of this scale?**

1.  Write the tonic sol-fa syllables under the notes of each scale. For the minor scales, use the method that you prefer (starting on **LA** or **DO**).
2.  Circle where the semitones are in each scale.
3.  Sing the following scales very slowly using tonic sol-fa.
4.  Describe the sound of each scale.

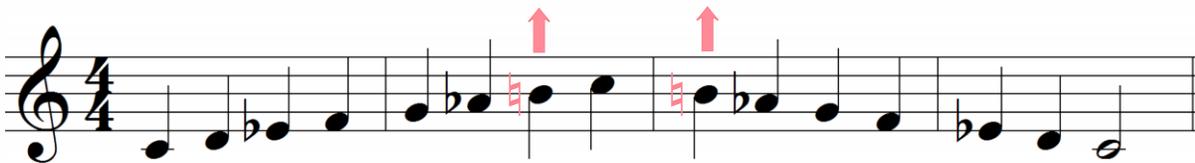
a) major scale



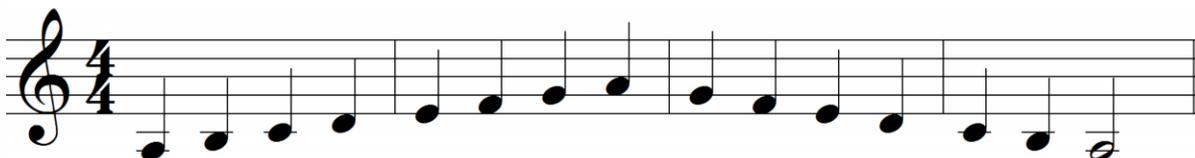
b) natural minor scale (lowered 3rd, 6th and 7th)



c) harmonic minor scale (lowered 3rd and 6th)



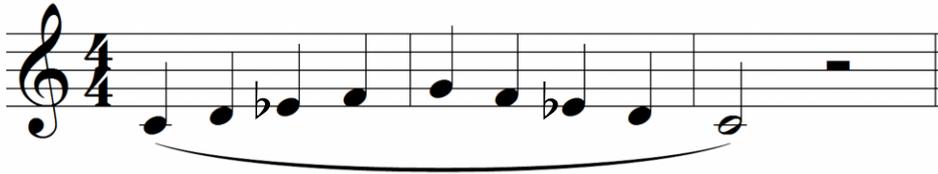
5.  Add a sharp to the A natural minor scale below to make it a harmonic minor scale.
6.  Sing the following scale very slowly using: a) tonic sol-fa b) vowels



MELODIC MINOR SCALE

A **melodic minor scale** raises both the sixth and seventh notes one semitone when ascending, and descends like the natural minor scale. Listen to your teacher play or sing this scale. **How would you describe the sound of this scale?**

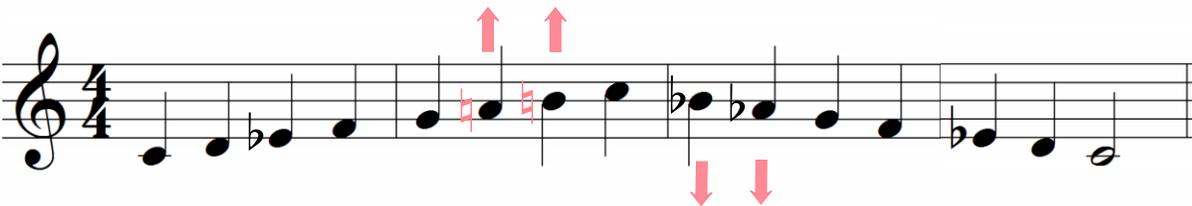
1. 🗣️ Sing the **minor pentascale** below.



2. 🗣️ Sing the **natural minor** scale below.



3. 🗣️ Sing the **melodic minor** scale below.



MINOR SCALE CHALLENGE

4. 🗣️ Listen to your teacher play or sing natural minor, harmonic minor or melodic minor scales. Can you identify the minor scale?
5. 🗣️ Sing the following minor scales after your teacher plays a starting note on the piano. (Check when completed)

a) <input type="checkbox"/> minor pentascale	b) <input type="checkbox"/> natural minor scale
c) <input type="checkbox"/> harmonic minor scale	d) <input type="checkbox"/> melodic minor scale

Are you currently performing any repertoire that uses minor scales?