

# **Bathroom Singer Lesson 1: Introduction to Singing Basics**

**Goal:** Build foundational knowledge and develop confidence.

## **The science of singing (how the voice works):**

When we breathe out, air passes from the lungs through the trachea (windpipe) into the larynx (voice box) where two bands of muscle called the vocal cords or vocal folds vibrate to produce sound. These cords control pitch and volume through tension and movement. Different shapes made by the throat, mouth, tongue and nasal passages create speech, song or other vocal sounds.

In this course we will explore a variety of ways to use the voice.

## **Warm ups and proper breathing technique:**

Like any body part, the voice needs gentle easing in and stretching before use. We call this a vocal warm up.

## **Posture for singing:**

Ideal posture for singing is standing with two feet flat on the ground standing straight with shoulders back and arms relaxed. If standing presents challenges for you ensure you sit with the same principles: straight back, feet flat on the ground and arms relaxed.

A lot of the movement we need is in our face. The jaw and cheekbones are really flexible.

Exercise 1A: Place your hands on your face with the fingertips on the cheekbone.

1'38            Say a long "ah" and gently pull the jaw down

                 Say a long "ee" and gently push the cheekbones up without smiling

                 Repeat 3 times

Exercise 1B: Hold the sound "ng" while raising and dropping your eyebrows

3'19            Raising our eyebrows lifts the soft palette (back of roof of mouth)

## **Simple vocal exercises for beginners:**

Exercise 1C: Hum the sound "mm" and change the pitch up and down.

4'48            Further explanation and exploration of "pitch" features in lesson 3

See video demo for examples:

“mm” 1212121, 2323232, 3434343, 4545454, 5656565, 6767676,  
7878787, 87654321

“ng” 1212121, 2323232, 3434343, 4545454, 5656565, 6767676,  
7878787, 87654321

“ah” 1212121, 2323232, 3434343, 4545454, 5656565, 6767676,  
7878787, 87654321

Exercise 1D: Lip Trills: “rr” “zz” “vv” “jj” “mm” “ng” – move seamlessly between

A fantastic warm up exercise when time and space are limited.  
Despite the unusual sound they are quiet.

If you like try using the lip trill sounds from exercise 1D with the  
itches from exercise 1C.

8'20

**Hydration** is key to vocal health:

Always drink water while singing even if you do not feel thirsty. If possible,  
avoid caffeine and dairy for 2 hours prior and be sure to wash any food down  
with water.

If you need to cough -> drink!

If you need to clear your throat -> drink!

**Practice:** 5-10 minutes daily vocal warm up exercises 1A, 1B, 1C, 1D, 1CD  
followed by singing a song of your choice.

Songs with simple melodies for beginners:

Twinkle Twinkle Little Star

Let It Be

Someone Like You

Girl Like You

Fiona Moran