

MUSIC · PRE-K TO Y6

Singing Warm-Ups Pack

25 warm-ups by age, deliverable by anyone

Why warm up

Pre-K & Y1 warm-ups (5)



Y2 & Y3 warm-ups (8)

Y4 to Y6 warm-ups (12)

Things to remember when leading warm-ups

- Start LOW — most adults pitch warm-ups too high for primary voices
- Don't push for big sound — quality matters more than volume
- If a child can't match pitch, that's fine. They're warming up too.
- Posture matters — sing standing, feet planted, shoulders relaxed
- Most warm-ups should be 90 seconds total, not 10 minutes
- If you can't sing the demo, play it on a glockenspiel or Chrome Music Lab
- Use hand signs (Curwen / solfa) where possible — children love them
- End warm-ups when class is FOCUSED, not when you've done all 5
- Hydration matters — water available before sustained singing
- If you're losing the class, switch to a fast call-and-response

