

# SING

T H E C O U R S E

## *SING Sirens and Trills*

**Sirens and trills** will become your very best tools in your vocal tool box! These vocal exercises are great for singers and speakers, and easy to do anywhere.

### THE SIREN

Bend over at your torso and relax your head towards the ground. Make a “N” sound and try placing it in your nasal cavity so that you can literally feel it vibrate in your nose. Once you feel this vibration, rise slowly using your core to protect your back. Once standing still, keep the “N” buzzing in your nasal cavity. Now, slowly move the note up and down as if making a siren sound, keeping the sound in your nose. Initially start a moderate siren then gradually make your note range larger and larger until you are going as high and as low as you can.

You may experience a breaking sound between your vocal range. You’ll learn more about in the next lesson. For now, just try keeping the sound as smooth as you can.

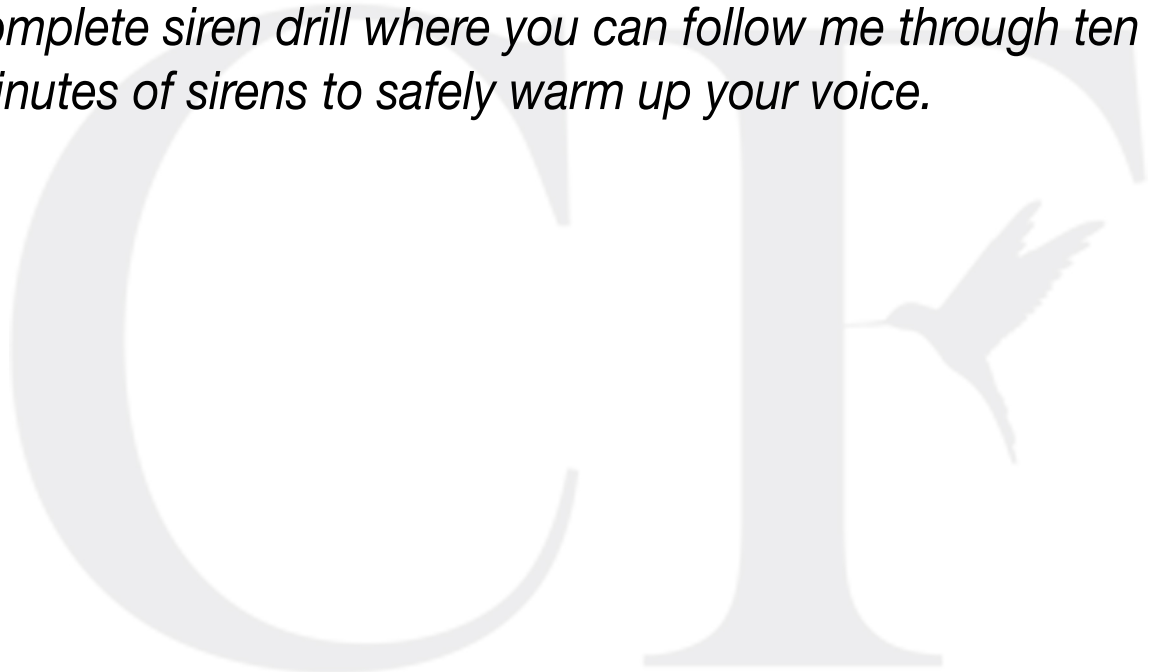
Now, add an “H” before your “N” to create a “HNN” sound. Follow the same siren sequence flowing up and down your registers. The “H” will soften your sound and pull it slightly out of your nasal cavity.

Let’s make sirens with these sounds: **ZEE, ZOO, NAH, NO, Li, LO, OO**

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*\*\*\* I have a bonus section video that takes you on a complete siren drill where you can follow me through ten minutes of sirens to safely warm up your voice.*



CAROL FRAZIER

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## LIP TRILLS

Lip Trills are fun and sometimes challenging exercises to warm up your vocal chords as well as your face. They demand that you use a controlled diaphragmatic breath. This allows just the right amount of air to release and make a long and sustainable sound.

### *Step One*

Pretend that you're cold and make a "brrrrrr" sound with your lips.

### *Step Two*

Get the right amount of lip tension by slightly turning down your lips like a little frown. Now blow air through to make the brrrr sound. If you spit and quit, then your lips are too tight.

### *Step Three*

Keep them short at the beginning, then try making them longer.

### *Step Four*

Now add a sound to your trill, imagining that the sound is coming right between the lips. Once you can do this, lengthen to a longer trill.

### *Step Five*

Make the lip trill go up and down like your sirens. This helps smooth out the natural breaks between your chest, middle and head voice. You'll learn more about this in the next module.