**Nancy’s Self-Rehearsal Exercises**

**BREATHING**

1. Stand or sit in a straight chair with your back straight (not leaning back)

2. Take a deep breath to fill the lungs, at least 4 beats; then release the air through a narrow opening of your mouth and count the beats that you can blow.

3. Do this several times and try to build your strength of the breath control.

4. To develop more control, you can take a breath in for 2 beats and see how you are able to control that.

**LIP TRILLS**

1. Just take in a deep breath and start blowing your lips; no pitch. REPEAT! Then after a couple of minutes, breathe again and lip trill with pitch, going low to high and back. It is a really good way to warm up. It takes longer for me now to go through the process, because I am not singing regularly.

2. When you go to sing, the breath does not last as long, because you are singing lyrics. Breathing rules!!

**SING**

1. Try humming something that you know; then try different vowels on a simple song like “Twinkle Twinkle Little Star.”

2. Pick a song you love to sing and do it. In the shower, outside or wherever it works for you. If anything above your shoulders, hurts, you are doing something wrong. Breath is in control of what you do, and the rest is natural.

3. If all seems well, pick a song you love and sing as if no one can hear you.