

Elementary and Middle School Choral Warm Ups

Skill	Warm Up
Solfège, Ear training	Up and down the major scale with hand signs (C Major) <ul style="list-style-type: none"> • Sing in a round
Solfège, Ear training	Tonic and Dominant Chord in Root Position Up and Down Echo Sing (Do, Mi, Sol and Sol, Ti, Re, Fa) <ul style="list-style-type: none"> • Add ii (Re, Fa, La) and IV (Fa, La, Do) • Students perform independently (not echo singing)
Solfège, Ear training	Intervals: Do Re, Do Mi, Do Fa, Do Sol, Do La, Do Ti, Do Do and backwards
Solfège, Ear training	3 Note Patterns (Do Re Mi, Re Mi Fa, Mi Fa Sol, Fa Sol La, Sol La Ti, La Ti Do, Ti Do Re, Do and back down)
Solfège, Ear training	Thirds Up and Down (Do Mi, Re Fa, Mi Sol, Fa La, Sol Ti, La Do, Ti Re, Do and back down)
Tone	Breathing Exercise: In for 8, Out for 8; in for 4, out for 8; in for 2, out for 8; in for 1, out for 8, in for 1, out for 16
Tone	Breathing Exercises: In for 2, out for 8; in for 4, out for 8; in for 8, out for 8
Tone	Trombone Slides: Sol → Do → Sol (start on D Major triad) ascending and then descending
Tone	Sirens
Tone	Ma-Me-Mi-Mo-Mu: Sol, Sol, Sol, Sol, Sol, Fa, Mi, Re, Do (F Major triad)
Solfège, Ear training	Gordon Tonic and Dominant Patterns (F Major) <ul style="list-style-type: none"> • Familiar order echoing • Unfamiliar order echoing • Familiar order independently • Unfamiliar order independently (following teacher hand signs)
Solfège, Ear training	Gordon Tonic, Dominant and Subdominant Patterns (Bb Major) <ul style="list-style-type: none"> • Familiar order echoing • Unfamiliar order echoing • Familiar order independently • Unfamiliar order independently
Independence of part	Canons: Row, Row, Row Your Boat and Frère Jacques <ul style="list-style-type: none"> • Two part • Three part
¹ Independence of part	Canons: Dona Nobis Pacem <ul style="list-style-type: none"> • Two Part • Three Part
Ear training	Major or minor chord identification
Ear training	Identify pitches within the tonic chord (Do, Mi, or Sol) from a phrase

¹ Developed by Stephanie Hu and Elizabeth Groth