

Presenter: Dr. Alyssa Cossey

The First Ten Minutes

Re-Imagining the Role of
Warm-Up Activities in the
Choral Rehearsal

All Materials Available Online



www.alysscossey.com

What We Are NOT Going To Do

1. Debate
2. Discuss
3. Abandon

What We ARE Going To Do

1. Prioritize
2. Participate
3. Re-Imagine

Prioritize

“What you do every day is more important than what you do once in a while.”

—Gretchin Rubin

$$6 \times 5 = 30!!$$



What Matters To Me...

❖ FUN!

❖ COMMUNITY!!



All Together Now (Participate)

❖ Physical/Focus Warm-Ups:

- ❖ Follow-the-leader
- ❖ Clap with me
 - ❖ Step & Clap (Pattern Deception)

❖ Rhythmic Development:

- ❖ Counting game
- ❖ Four beats behind
- ❖ Rhythm Card Games: Assign Different Rhythms, Stand/Sit, Telephone, Row Challenge, Rhythm Master

A Few More Ideas

❖ Phonation Activities:

- ❖ “No” Game (Other imitative sounds)
 - ❖ “Bark like a chihuahua...”
- ❖ Ninja (Everyone’s FAVORITE) - extension of clapping activity

❖ Vocal Warm-ups:

- ❖ Solfege (Variations)
 - ❖ Football
- ❖ Point to someone who... (My favorite)
- ❖ Half-Step Add-ons: Keeping students engaged
 - ❖ “Hump-Day”
 - ❖ Clap, high-Five, switch direction

You Go First!

- ❖ I stole this, you should too!!
- ❖ Do I have any volunteers? (You can do it in pairs) ;)
- ❖ The first card ALWAYS says, "You Go First!!"
- ❖ Then: "After someone.... you ..."
- ❖ "We're Done!"

Card Game

- ❖ Evaluate individual skills/repetition
- ❖ Scales, Solfege, Rhythm, Repertoire, theory, etc
 - ❖ Whatever skills you are currently working on
- ❖ Always include silly fun things
 - ❖ Jumping Jacks
 - ❖ Award Speeches
 - ❖ YMCA

Recommendations

- ❖ Create a master list
- ❖ Start in pairs
- ❖ Give them a (second) chance to be successful
- ❖ Trade out/add more cards as the year progresses
- ❖ Always include silly/fun cards
- ❖ Don't use colored index cards (or do!)
- ❖ Make clean up part of the activity
- ❖ Do this at any point in the rehearsal: beginning, middle, or end
- ❖ AND HAVE FUN!!!

Re-Imagine

- ❖ The *First Ten Minutes*... (or eight, or five)
- ❖ Or... the *Last Ten Minutes*
- ❖ What are YOUR priorities?
- ❖ Small changes everyday = Big changes overtime



It is our responsibility to create a classroom culture that is supportive and inclusive of ALL students at ALL times. This can, and should, begin in the *first ten minutes*.

Community

Thank You!



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