

My Comfortable Warmup

Choose a gentle three-note pattern with your teacher. Keep the starting pitch unless you agree to change it.

1 · SAVE TODAY'S TEACHER CHOICE

Starting note + octave: _____

Comfortable volume (dynamic): _____

First sound: hum ☐

Then chosen vowel: _____

Ask your teacher to demonstrate the hum and vowel and confirm a comfortable pitch area.

C4 = middle C. Move the whole pattern to a comfortable octave if agreed.

2 · LEARN THE SHAPE, THEN HUM AND PAUSE

Listen or trace the shape first: **1-2-3-2-1**, the first three major-scale notes.

Hum the two-bar phrase gently. Leave the complete rest bar. Then repeat on the chosen vowel, followed by the same rest bar.

Breathe as needed; pause longer if needed.



Bar 1 · four quarter notes
1 2 3 4

Bar 2 · hold 1-2; rest 3-4

Bar 3 · rest for all four beats

Reference tempo: quarter = 60. Each unit has 6 beats of written sound and 6 beats of rest: 12 seconds total. This is a timing reference, never a breath-capacity goal.

3 · CHOOSE ONE HOME, THEN KEEP IT

Examples, not a required ascent. Use one teacher-selected option, or another agreed starting pitch and octave. The compact strips show pitch order only.

1 · Start C4



C4-D4-E4-D4-C4

Pitch reference only. Use the note lengths and rests in section 2.

2 · Start D4



D4-E4-F#4-E4-D4

Pitch reference only. Use the note lengths and rests in section 2.

3 · Start E4



E4-F#4-G#4-F#4-E4

Pitch reference only. Use the note lengths and rests in section 2.

Teacher/self check: ☐ Starting note + octave, vowel and volume recorded.

☐ Hummed the pattern, then rested. ☐ Repeated on the chosen vowel, then rested.

☐ Comfortable, or paused/stopped and told the teacher.

Keep pitch ☐ / agreed new pitch + octave: _____

Try it A fictional teacher allows D4 through F#4, inclusive. Which printed option keeps every note inside that range, with no octave move? Option: _____.
This imaginary range is only a paper task; your teacher chooses yours.

Check after answering: 2 · D4-F#4 fits. C4 is below the range; G#4 is above it.



Listen: scan or visit tissimo.co/worksheets/voice-three-note-warmup-card
Separate starting tones and piano patterns in octaves 3 and 4. Choose with your teacher.
Neutral pitch/timing references; your teacher demonstrates the vocal sound.

Pause or stop if uncomfortable. Bring persistent concerns to a qualified professional. Notation and piano audio cannot judge voice production.