

# Préparation vocale Stratus Cumulus

## Le corps

- Massage de la tête, du visage, du cou, des épaules
- Les nuages : Essayer d'atteindre les nuages, les bras levés, essayer de les attraper et de les poser délicatement au sol
- Etre un nuage poussé par le vent dans différentes directions

## La respiration

- Prise de conscience de la respiration abdominale : croiser ses bras à hauteur du thorax et en attrapant ses omoplates. Respirer calmement bouche ouverte.
- Poser une main sur l'abdomen et une main sur le côté et respirer calmement bouche ouverte.
- Deux par deux, l'un derrière l'autre. Celui placé derrière pose ses mains sur les côtes flottantes de son partenaire qui respire calmement en repoussant ces mains.
- Travail de l'expiration prolongée et continue sur différents son imitant le vent qui déplace les nuages : son [s] : ssssssssss ! , son [f] : ffffffffff !, son ch : chhhhhhhh !
- Travail de l'expiration courte et répétée sur ses différents sons (le vent passe à travers des grilles... ff, ch, ss, ... ;
- Polyphonie de vents : accumulation, désaccumulation
- Une petite pluie s'installe et devient de plus en plus forte, puis s'éloigne : lèvres, claquements de langue, plic, ploc, frottements des mains, frappés sur les cuisses...
- Terminer avec une polyphonie vent et pluie.

## Articulation

Répétition d'un virelangue :

*Trois gros rats gris dans trois gros trous creux*

## Vocalises

The image shows a musical staff with a treble clef and a common time signature (C). The melody consists of four measures, each containing the syllable 'Nu - u - age'. The first measure is in C major. The second measure changes to D major. The third measure changes to E major. The fourth measure changes to F major. The notes are: C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8, A8, B8, C9, D9, E9, F9, G9, A9, B9, C10, D10, E10, F10, G10, A10, B10, C11, D11, E11, F11, G11, A11, B11, C12, D12, E12, F12, G12, A12, B12, C13, D13, E13, F13, G13, A13, B13, C14, D14, E14, F14, G14, A14, B14, C15, D15, E15, F15, G15, A15, B15, C16, D16, E16, F16, G16, A16, B16, C17, D17, E17, F17, G17, A17, B17, C18, D18, E18, F18, G18, A18, B18, C19, D19, E19, F19, G19, A19, B19, C20, D20, E20, F20, G20, A20, B20, C21, D21, E21, F21, G21, A21, B21, C22, D22, E22, F22, G22, A22, B22, C23, D23, E23, F23, G23, A23, B23, C24, D24, E24, F24, G24, A24, B24, C25, D25, E25, F25, G25, A25, B25, C26, D26, E26, F26, G26, A26, B26, C27, D27, E27, F27, G27, A27, B27, C28, D28, E28, F28, G28, A28, B28, C29, D29, E29, F29, G29, A29, B29, C30, D30, E30, F30, G30, A30, B30, C31, D31, E31, F31, G31, A31, B31, C32, D32, E32, F32, G32, A32, B32, C33, D33, 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C353, D353, E353, F353, G353, A353, B3

Un nu - age, un nu - age qui part en voy age.

Un nu - age, un nu - age qui part en voy - age.

Un nu - a - ge qui part en voy-age Un nu - a - ge qui part en voy-age

Un stra-to-cu - mu-lus ou un nim-bus? Un stra-to-cu - mu-lus ou un nim-bus?

Un stra - to-cu - mu-lus ou un nim-bus? Un stra - to-cu - mu-lus ou un nim-bus?