

Module 2

The Power of your Voice

Vocal Warm-up Exercises

1. Breathing exercises:

Do selected breathing exercises from Module 1

2. Warming up the vocal chords:

Hum on a mmm. Start gently and softly and then, slowly increase your volume (remember to apply your breath support at all times).

3. Accessing the resonators:

- a. Breathe in. Hum out on a 'mmm', starting on a low note and ending on a high (almost as if an elevator filled with vibrations is going from your chest into the top of your head). At the top, breathe in again and release the breath on a hum again ('mmm'), this time starting with a high note and ending with a low note. Repeat until the transition becomes smoother.
- b. Gently speak the sounds on the resonator scale below, noting the shape of the mouth and the placement of the articulatory organs. Be aware of the shift in the use of resonators as you speak through the sounds:

HOOT

HOOK

HOE

HAWK

HOCK

HARD

HUT

HEARD

HAD

HEAD

HAY

HID

HEED*

*Taken from *Voice Production and Speech* by Greta Colson

4. Projection:

- a. Repeat exercise 2, this time slowly dropping your jaw and releasing the sound on a prolonged 'ah': 'mmm-ah'
- b. Choose a colour. Imagine that your breath is that colour. Fill your lungs with coloured breath and release it on a 'mmm', opening onto a continuous 'aw'. Imagine your paint (coloured breath) is pouring against the wall. Feel your paint running out, as your breath runs out. Try this exercise standing and then lying in the Berry position (on your back with your knees lifted) to paint the ceiling. Also try 'mm-ah' and 'mm-oo'
- c. Play Diaphragm Tennis with a partner (real or imaginary). The strokes: 'hah' (normal forehand), 'hoo' (lob) & 'hoh' (smash) – or any vowel sound starting with a 'h' for any of the strokes. Again, think of you diaphragm as a trampoline and imagine that the tennis ball bounces off it and is sent all the way to your partner.

5. Articulation:

- a. b-b-b-b, bb-bb-bb-bb, bbb-bbb-bbb-b
 ba-ba-ba-ba, beh-beh-beh-beh, bi-bi-bi-bi, boh-boh-boh-boh, buh-buh-buh-buh
 ba-beh-bi-boh-buh, ab-eb-ib-ob-ub, bab-beb-bib-bob-bub
 babbery-bebbery-bibbery-bobbery-bubbery, babbety-bebbety-bibbety-bobbety-bubbety
 Repeat, replacing the b with p, d, t, g, and then k
- b. Write your own tongue twister for a sound that you find difficult to say clearly. Then speak it repeatedly.

Please Note: Practising regularly and frequently is essential. Find the time to practise for 15-30 minutes daily and apply your techniques whenever possible. These two commitments will make all the difference!