

The 5 Voices

Daily Vocal Warm-up

THINK:

Body, Breath, Sound, Resonance, Range, Articulation, Support

BODY

- Have a stretch and shake out your whole body.
- Arms over head, give your ribcage a stretch by reaching to either side. Stretch on the in-breath and release on the out-breath.
- Roll your shoulders to loosen them.
- Turn your head from side to side to loosen your neck.
- Release and stretch your jaw and tongue root.

BREATH

- Have a few big yawns and feel the air go into your lungs and come out again.
- Hug yourself and feel the expansion of your ribcage as you breathe in and out

SOUND

- Yawn again and release the air on a sound; a yawning sound.
- Yawn a few more times letting the each one extend in length and volume.

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RESONANCE

- Yawn into a hum and feel the vibrations of the sound on your lips.
- Keep humming and by touching your face with your hands feel the vibrations in your cheeks, nose, temples, head and chest.
- Keep humming and then open up onto an open vowel hummmahhh

RANGE

- Yawn into a hum and go gently up and down your range.
- Repeat three times gently increasing your range.

ARTICULATION

- Yawn into a hum and then chew as if you have a soft toffee in your mouth.
- Hum and chew through your range: high to low and low to high.
- Clean your teeth with your tongue
- Speak or sing the words to your favorite poem, tongue twister or song.

SUPPORT

- Think of something that makes you chuckle- feel the abdominal muscles contracting with the laugh. Keeping the laugh in your voice say something (the days of the week) feeling the throat open and abdomen supporting the sound. Say the lines again leaving laugh, but maintaining the open throat and abdominal support. Increase your volume to accommodate the space you are playing in.
- When you get to school or college say, 'Hello' or 'Hi!', or 'How are you?' to students and colleagues as you greet them in the morning. This is a great way to get your voice connected to your support system.