

Vocal Exercises

Resonance Scale (VOWEL ARTICULATION)

HOOT HOOK HOE HAWK HOKE
HARD HUT HEARD HAD
HEAD HAY HID HEED

Jaw

Smooth the jaw – TMJ (temporomandibular joint)

Move lower jaw up and down – smoothly

Chewing movements – move open, tongue working overtime

Lips

Turn upper lip up – turn it back on itself – hold a pencil under your nose

Stroke the cheeks and lips into a pout

Say **mee may mar more mo moo – eem aim arm orm ohm oom –
eemee aimee army ormy ohmy oohmee**

(try it with different consonants eg – pee pay par pore poh poo...)

Hum gently making your lips tingle – vary the strength of the hum

Bumble – make a “b” sound – repeat build to a deep bass sound –
explode from B to M

Blow out through lips making them roll (flap) – vary the scale...

Tongue

Stick tongue straight out and return it – build speed – do not allow tongue to “droop” downwards

Stick tongue straight out – lift point upwards and downwards – stretch!

Swing tongue up and down

Hum on an “n” sound connect nasal sensation with tip of tongue and teeth

Repeat “d” sound – build speed – explode into ‘n’

Roll “r” on the tip of the tongue – up and down the scale

Soft Palate

Yawn

With mouth open breathe through the nose

Make a HARD sound and drop the soft palate to make it nasal.

Hum on “ng” – vary pitch and add clicks

Repeat “g” (as in “gun”) increase strength of voice

Roll an “r” sound from front to back of tongue

BIFFITTO – DAD – DIKER

ZIN – NIPU – JOCKERWOF

Play with these changing rhythm, pitch and volume.

The Actor's Voice

Introduction: This activity can be used as a warmer to inject some life into the class. The teacher can model some of the example first.

1. Say "hello":

- i) in a happy way
- ii) in a sad way
- iii) in a bored way
- iv) in a sexy way
- v) to a friend
- vi) to a customer

1. Say a person's name:

- i) in an angry way
- ii) like you love that person
- iii) like you hate that person

1. Say "Come here now":

- i) to a dog or cat
- ii) to a kid who has been naughty
- iii) to a very shy person

1. Say "So Long or Goodbye":

- i) to a person you are happy to see leave
- ii) to your boyfriend/girlfriend/husband/wife
- iii) to somebody that you will never see again
- iv) to somebody you don't know well, or you just met

Exercises to improve your voice expression

1. *Smile Pucker* - Smile with exaggeration, letting your teeth show and drawing the lips as tightly as possible, making your cheek muscles hurt. Say "eeeeeeee." Then with exaggeration, pucker or protrude your lips, saying "oooooooo." Repeat ten times each in quick succession (eeeeeeee-oooooooo). Repeat with "mee-moo," "tee-too," "bee-boo," "gee-goo," "lee-loo."

2. *Open Wide* - Open your mouth as wide as possible. Say "ahhhhh." Now close your mouth, saying "ooooo." Repeat "ahhhhhh-ooooooooo" several times, being sure to open your mouth extremely wide.

3. *Tongue Tip* - Stretch your tongue, trying to touch the tip of your nose. With your tongue, now try to touch your chin. Only one in 1,000 people can actually do either, so don't worry if you can't succeed. The stretch is the important thing. Repeat several times.

4. *Tongue Stretch* - Curl up your tongue and touch the soft palate at the back of your throat. Now push out your right cheek and then your left cheek as far as you can with your tongue. Repeat.

5. *Tongue Twisters* - Say quickly - with exaggerated tongue, lip, and jaw movements - several of the following tongue twisters.

- 1. Much whirling water makes the mill wheel work well.**
- 2. Odd birds always gobble green almonds in the autumn.**
- 3. She makes a proper cup of coffee in a copper coffee pot.**
- 4. Round and round the rugged rocks the ragged rascal ran.**
- 5. Shave a cedar shingle thin.**
- 6. Double bubble gum bubbles double.**
- 7. Sinful Caesar slipped his snifter, seized his knees and sneezed.**

Tongue Twisters - Simple List

Still the sinking steamer ship saileth south

Around the rugged rock the rural rascal ran

Real roses rustle rurally

A stewed sow's snout stewed

A sick sparrow sang six sad Spring songs

A single solid silver sifter sifts sifted sugar

Six thick thistle sticks

Lelith listlessly lisps lengthy lessons

Shirley slid the scissors down the slippery slanting slates

Down the slippery slide they slid, sitting slightly sideways; slipping swiftly see them skid on holidays and Fridays.

A shooting suit th'at's suitable for shooting, should be made of a suiting that is suitable; if not made of a suiting that is suitable, then that shooting suit's not suitable for shooting.

Shall Sarah Sillings share her silver shilling? Sarah Sillings shall share her shining shilling.

If a shipshape ship shop stocks six shipshape shop-soiled ships, how many shipshape shop-soiled ships would six shipshape shops stock?

Seventy shuddering sailors stood silent as short sharp shattering shocks shook the splendid ship.

Billy Button bought a bunch of beautiful bananas. A bunch of beautiful bananas, Billy Button bought. If Billy Button bought a bunch of beautiful bananas, where's the bunch of beautiful bananas Billy Button bought?