

Choosing the **RIGHT EXERCISES**

WARM-UPS

1 **STRETCH**

Tension Releasing Exercises

Shoulders: lift each shoulder, then relax.(x6)

Head: Nod slowly forward, then backward.

Neck: Grab ahold of trapezius muscle and turn your head over that shoulder.

Torso: Raise arms overhead and stretch upward.

Larynx: gently move your larynx side to side while breathing slowly in and out.

2 **SOVT's**

"Semi-Occluded Vocal Tract"

**Glide the voice up and down
your vocal range with:**

Straw Exercises

Lip Buzz/Trills

Blowing Bubbles in a water cup
[v], [z]

3 **HUM/-NG**

Make Ugly Noise

Forget about "singing" and wake up your voice by making some noise. Glide up and down your vocal range in an assortment of patterns. Take it slow, make deliberate choices. Play with variations of a 5-note scale. Invent your own pattern!

4 **VOWEL TUNING**

OO-EE-OH-OO-AH

Using the 5-3-1 of a 5-note scale, repeat these 5 vowels first on the 5, then the 3, then the 1. Aim for the same resonant space for every sound you make. If you are using chest voice, do not allow the tone to slip into head tone, and vice versa.

EXERCISES

Here are 3 exercises to address the primary components of good singing: Breath Flow, Cord Closure, and Resonance.

1 **BREATH FLOW**

Ribbon Pulling

As you sing, use your thumb and index fingers to pull an imaginary, infinite ribbon from your mouth. The ribbon represents your air flow, your sound, your energy. As you pull the ribbon, let go of any tensions, and feel the breath flowing freely from your body.

2 **CORD CLOSURE**

Creaky Gate

To help correct a breathy tone, do your best imitation of a creaky gate. This is called Vocal Fry. Feel your cords coming together gently on a downward, spoken glide. Then start the glides on higher pitches, and finally up and down the full range of the voice.

3 **RESONANCE**

2-Part Hum

Part 1 - Do a spoken hum glide. Feel the busy resonance! Part 2 - Hum a descending 5-note scale, keeping the buzzy feeling. Repeat by going up or down a ½ step.