

# Voice Warm-Up



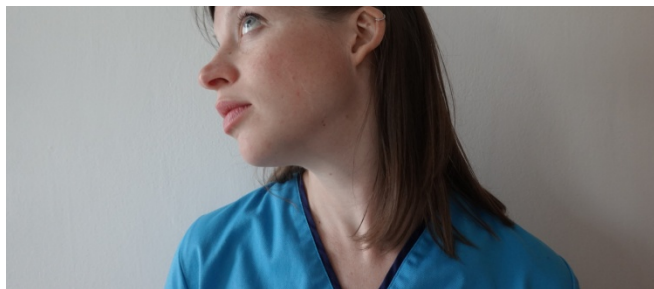
These exercises will stretch and warm up the muscles you use to produce voice. They will help these muscles to work more efficiently to produce a clear, strong voice which feels good. We recommend that you warm up your voice before using it for a long time or projecting it. If you find any of these exercises painful, please leave them out of your warm up.

## Relaxing Your Shoulders



- Breathe in through your nose. As you breathe in, lift your shoulders slowly up towards your ears.
- Let out the breath as a big sigh and drop your shoulders straight down.
- Feel a gentle release of tension.
- Repeat this 5 times or until your shoulders are feeling more relaxed.

## Easing Tension in Your Neck



- Turn your head gently to the right. Tilt your chin up. Feel a slight tension in the neck muscles as they stretch. Hold this for a count of 3.
- Relax these muscles - bring your chin down and turn your head to the centre.
- Feel a gentle release of tension
- Repeat this on the left side.
- Now bring your chin down to your chest. Feel a slight stretch in the back of the neck. Hold it for a count of 3.
- Slowly release this by bringing your head back up.
- Be aware that the tension has eased.
- Do this 5 times to reduce tightness in the neck.

## Releasing Tension from the Voice Box



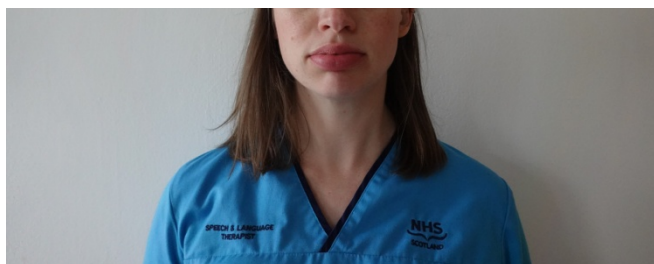
- Yawn as widely as you can. Feel your throat widen and your jaw stretch.
- Follow this with a gentle sigh.
- Feel a sensation of relaxation. Feel that your throat is open, with air easily passing through. Feel any tightness in this area reduce.
- Do this 5 times. Take short breaks in between to swallow and breathe normally.

## Relaxing your jaw



- Open your mouth nice and wide. Do this slowly.
- Now close your mouth.
- Repeat this 5 times or until your jaw feels gently stretched.
- Now pretend to chew a big toffee.
- Chew for about 30 seconds.
- Your jaw should feel more flexible.

## Relaxing your lips



- Let your lips rest gently together. Try not to tense them.
- Gently blow air through your lips – as if you are cold and saying “brrrrr!”
- Repeat this 5 times or until your lips feel more relaxed.

## **Breathing Deeply**



- Place one hand on your chest and one hand on your stomach.
- Take a deep breath slowly in through your nose. Feel your stomach gently rise.
- Breathe out through your mouth. Feel your stomach gently fall.
- Breathe steadily in and out.
- The hand on your stomach should move more than the one on your chest.
- Keep your shoulders nice and relaxed.
- Get comfortable with this breathing pattern.
- If this becomes easy, try making a quiet “shhhhh” sound as your breath flows out. Repeat this several times. Feel that your stomach muscles are powering this sound.
- Stop if you feel dizzy at any point.

## **Bringing Your Voice Forward**

- Do a gentle hum on a comfortable note.
- Focus on feeling a tingle on your lips. If you feel vibrations on your tongue or jaw, try to bring these forward to your lips.
- Remember to use your stomach muscles to power the hum.
- Repeat this 5 times.
- Now start a hum on your lowest note and glide smoothly up to your highest. Don't push your voice higher or lower than feels comfortable. This is a pitch glide.
- If it is difficult to glide smoothly, there might be some tension in your voice box. Try repeating some of the exercises above.
- Repeat the pitch glide around 5 times.