

VOICE EXERCISES

It is important to have good posture while completing these exercises. This will allow your lungs to fill complete so you can have stronger breath support while you perform these exercises.



DEEP BREATHING

Repeat _____

Sit up straight in a firm chair with your shoulders back. Place one or both hands on your stomach to feel your breathing. Breathe in through your nose and feel your stomach move out as you inhale deeply for 3-4 seconds. Hold your breath for 2-3 seconds. Slowly exhale through your mouth for 3-4 seconds as you feel your stomach move in. Try and avoid having your shoulders move while you are completing this breathing exercise.

YAWN-SIGH

Repeat _____

Tilt your chin up and yawn by opening your mouth so you feel the stretch in the jaw. As you breathe in deeply pull your tongue back along the floor of your mouth. When you exhale hold out a soft "Ah" sign for 3 to 5 seconds. You should feel your muscles stretch throughout this exercise.

VOICING VOWELS

Repeat _____

Say the following sounds from left to right and focus on producing a good tone with each sound.

MAY	ME	MY	MOW	MOO
BAY	BE	BY	BOM	BOO
DAY	DEE	DIE	DOE	DOO
HAY	HE	HI	HOE	HOO
KAY	KEY	KY	KO	COO

LIP OR TONGUE TRILLS

Repeat _____

Start by taking a deep abdominal breath. Then bring your lips together and stick them out slightly. Your lips and cheeks should stay relaxed. Exhale and produce the sounds "Brrr" and your lips should trill consistently. If the sound stops take another deep breath. If you have difficulties trilling your lips try your tongue and use "Purr" sound.

PITCH SLIDE

Repeat _____

The goal is to produce a slide from your lowest pitch to your highest pitch by using a soft voice with strong breath support. You could use "Ah," "Eee," or "Ooo." After completing the repetitions from the lowest to the highest pitch, switch and go from the highest to the lowest pitch.

SYLLABLE REPETITIONS

Repeat _____

Say the following sounds but keep each one short in production.

HA	HA	HA	HEE
KA	KA	KA	KEE
GA	GA	GA	GEE
YA	YA	YA	YEE

PA	PA	PA	PEE
TA	TA	TA	TEE
MA	MA	MA	MEE
ZA	ZA	ZA	ZEE

HUMMING SCALES

Repeat _____

Humming is a great way to warm up the voice. When humming, make sure you are pushing the air from your diaphragm instead of pushing from your voice box and causing unnecessary stress to your vocal cords. Use the



Do Re Mi Fa Sol La Ti Do

Relaxation Training Program Female Voice

Brendan G. Carr



Relaxation Training Program Female Voice:

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