

Voice preparation and Pre vocal warm-up exercises

Lying on floor

Tension release exercise Lie down (right toes tense and release, left toes, up to Jaw)
(same but hold tension as you move up and then hold all for 10 seconds)

Diaphragm breathing Lie on back, neutral position, breathe into belly, hand on belly.

Bringing voice forward On out breath, hum and move focus from throat to lips until lips buzz

Standing in neutral

Release false vocal folds Laughing – out loud or silently

Tongue scrubs (**tongue rotates inside mouth** – aim for **15**); also – poking tongue out

Diaphragm breathing Stand in neutral position, **breathe into belly, hand on belly.**

Release diaphragm ZZZZZZ

Bringing voice forward Stand against wall - on out breath, hum and move focus from throat to lips until lips buzz

Soft palate Walter was with us when we went away

Vocal range

Many marvellous men make much money from my motorbike

Painful Patrick pushed purposefully past Peter and the paranoid parishioners

Father's famous

Bastard Barry

The yahoo yabbies

Willy woefully washed

Valerie values

Randy Roger Ramjet

Projection

Those old boats don't float

Let Nell's friends rest well

Optional extras

Lips forward exercises - pouting, **PTK** drill, two fingers a,e,i,o,oo,u

Sentence drill - Peter Piper picked a peck of pickled peppercorns

A peck of pickled peppercorns Peter Piper picked

If Peter Piper picked a peck of pickled peppercorns

A peck of pickled peppercorns Peter Piper picked

Part Two

Neck isolations

Look up, look down, look right, look left, look diagonal

Neck stretch: Look right 20 secs, Look left 20 secs., Up and over and right 20 secs, ditto left, Out and down and right, Out and down and left, Up and back and right, ditto left.

Jaw release

Palms at side of jaw and pull down; open jaw, drop bottom jaw even further down then release

Face massage

All over