



# Developing Your Voice

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Relaxation

# Vocabulary

- **Relaxation:** freedom from all bodily tensions
- **Posture:** how you sit and stand

# Why Posture?

- To achieve maximum performance in the way you breathe, you need to create as much space as possible in your lungs for air. More on this later!



# Why Relaxation?

- Gives you physical and mental control and focus on stage
- Improves posture (essential for controlled breathing)
- Improves the sound of your voice
- Makes your movements smoother on stage

# Let's Relax!

- Facial Massage
  - Massage your face, and completely relax your facial muscles
- Sleepy Time!
  - Yawn several times to relax the jaw.
- Smile/Frown
  - Smile in an exaggerated manner several times to stretch and relax your facial muscles. Repeat, using a frown instead of a smile.

# Hit the Floor!

## Relaxation Exercise





# Developing Your Voice

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Breathing

# Vocabulary

- **Breathing:** the necessary process of inhaling and exhaling air to live
- **Diaphragm:** the muscle located between the abdomen and the rib cage
- **Breath control:** the amount of force you use in inhaling and exhaling



# Don't I Already Know How to Breathe?

- Onstage you need to inhale more deeply than you do in regular breathing. Why?
  - Build volume (be louder)!
  - Vary your vocal sounds
  - Don't run out of breath
  - Don't strain your voice

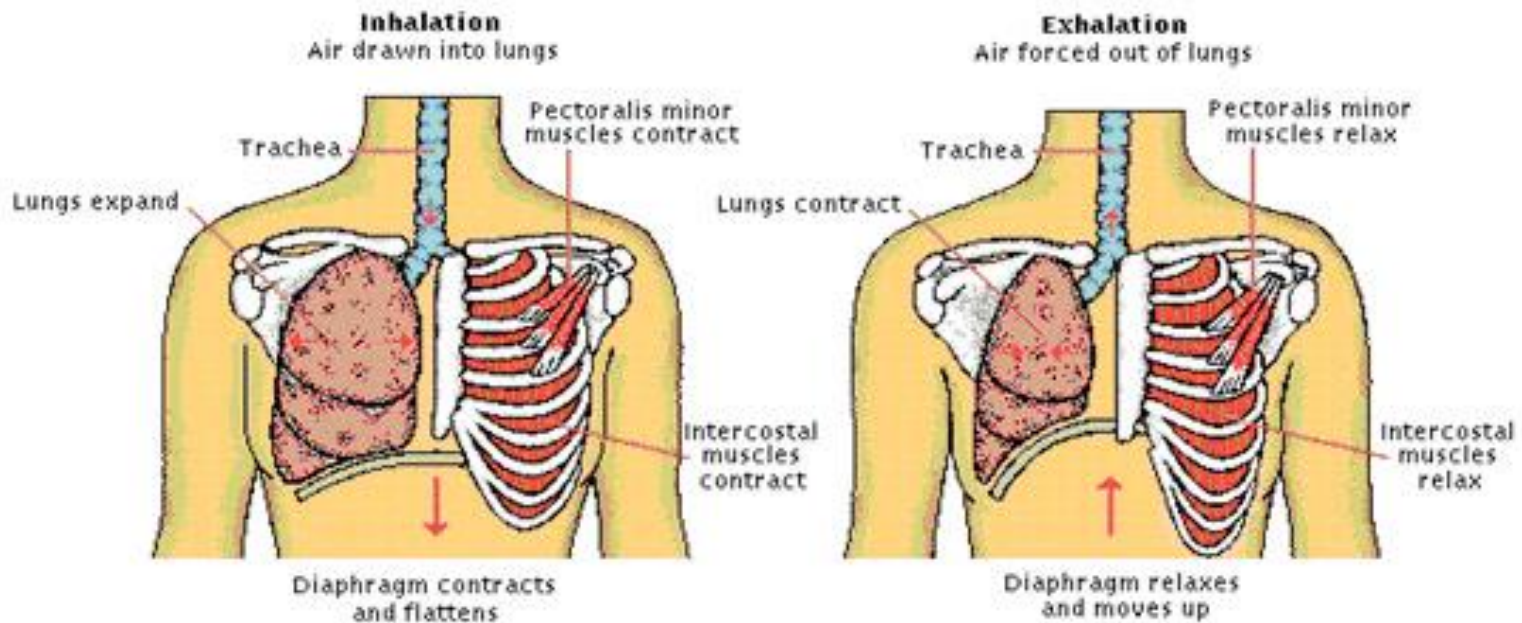
# Why Controlled Breathing?

- In the beginning....
  - you feel awkward and unnatural on stage
  - you find yourself running out of breath after a few lines
- After you learn controlled breathing...
  - You will have developed an effective voice on stage
  - You will have the support you need to get you through performances
  - You will have more natural body movements
  - You will have more energy on stage



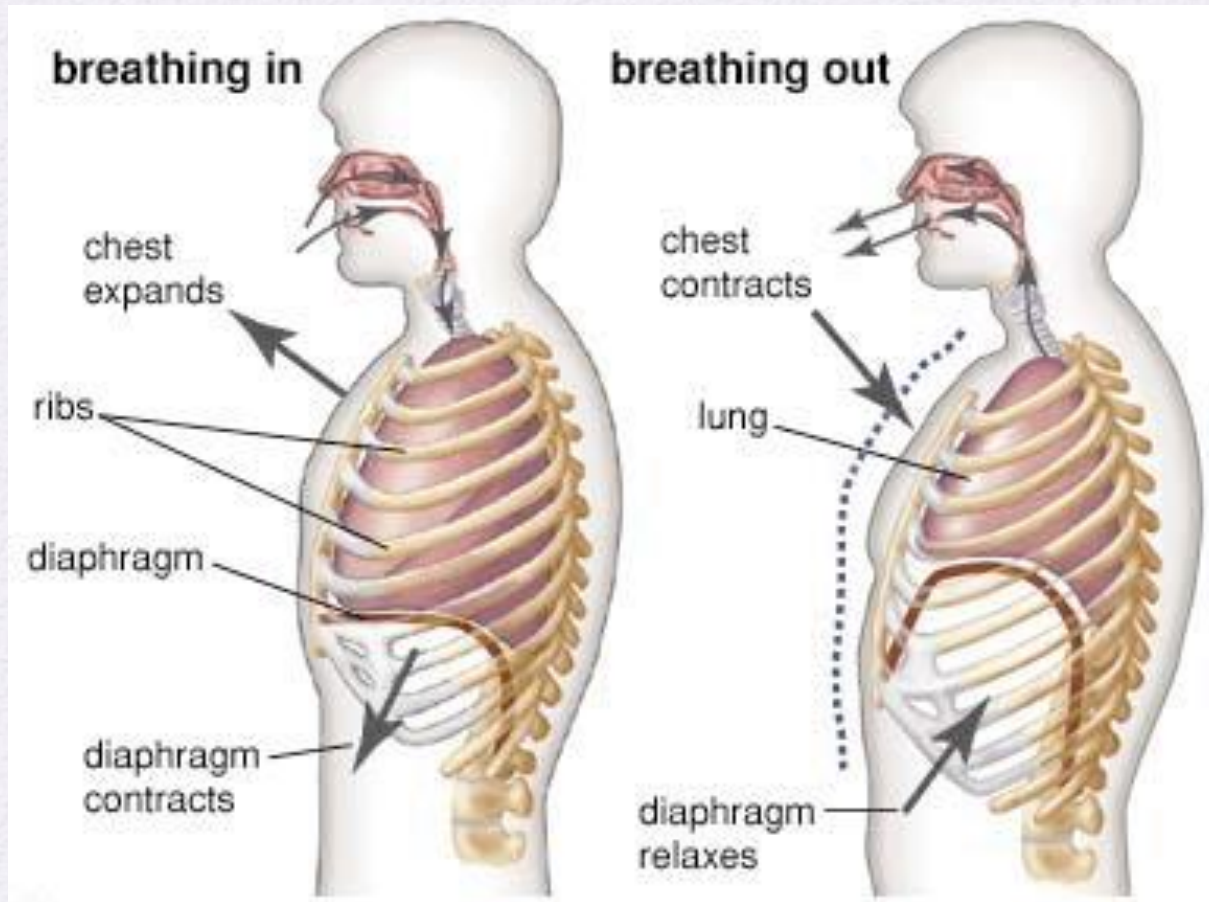
# Breathing With Your Diaphragm

- Babies are born using their diaphragms
- As you get older, your diaphragm gets lazy!





# Breathing With Your Diaphragm



# Work That Diaphragm!

- Air Release – Breathe deeply and inhale slowly. Hold your breath and release air slowly, counting 1-10. Repeat, and see how well you can control your breathing as you say the numbers.
- Ha, Ha, Ha! – Inhale, hold breath for 10 counts, exhale to the sound of “ha.”

# Work That Diaphragm!

- Snake – inhale as if you were about to speak, exhale and make the sound of a snake.
- Pucker Up – pucker your lips, hold your finger in front of your lips. Quickly inhale, blow out air. Concentrate on producing a steady, smooth stream of air each time you do it. Feel the difference on your finger when there is a change in the stream of air.



# Work That Diaphragm!

## Poetry Reading

See how far you can get  
without taking a breath

*(see next slide)*

# Life's Not Been the Same in My Family

1) Life's not been the same in my family

Since the day that the new baby came,

My parents completely ignore me,

They scarcely remember my name.

2) The baby gets all their attention,

“Oh, isn't she precious!” they croon,

They think she looks like an angel,

I think she resembles a prune.

3) They're thrilled when she giggles and gurgles,

“She burped!” they exclaimed with delight,

They don't even mind when she wakes us

With deafening screams in the night.

4) They seem to believe she's a treasure,

There's simply no way I agree,

I wish she'd stop being a baby

And start being older than me.



# *Developing Your Voice*

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How You Speak



# Vocabulary

- **Articulation:** the shaping and molding of sounds into syllables.
- **Pronunciation:** the way sounds or syllables that represent a word are said and stressed according to the proper notation found in the dictionary.
- **Diction:** a person's pronunciation of words, choice of words, and manner in which the person expresses himself or herself.

# Articulation Practice

- Rubber baby buggy bumpers (repeat).
- She sat upon the balcony inamicably mimicking him hiccupping and amicably welcoming him in.
- Red leather, yellow leather (repeat)
- He thrusts his fists against the posts and still insists he sees the ghosts.
- Unique New York (repeat).

# Vocal Warm-Up

(articulate!)

- To sit in solemn silence
- What a to-do



# Pronunciation Quiz

- How do you say...?
  - Antarctic
  - Ask
  - Cavalry
  - Candidate
  - Clothes
  - Escape
  - Espresso
  - Especially
  - Jewelry
  - Library
  - Mayonnaise
  - Miniature
  - Nuclear
  - Probably
  - Sherbet
  - Supposedly



# Developing Your Voice

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How You Sound

# Vocabulary

- **Volume:** how loudly or softly a person speaks.
- **Pace:** the speed at which someone speaks.
- **Projection:** the placement and delivery of voice elements used effectively in communicating to an audience.



# Vocal Warm-Up

*(vary your volume and rate!)*

Try “What a to-do”

# Group Vocal Assignment

- Choose one of the warm-ups to perform for the class to perform in a creative way.  
Consider the following:
  - Pronunciation
  - Pace
  - Articulation
  - Projection
  - Inflection
  - Performance Creativity