VOCAL EXERCISES

Vocal warm up exercises are not just tongue twisters and funny noises; they strengthen this most important muscle. Use these exercises in your next warm up!

The voice is a powerful acting tool. But the power is lost if an actor mumbles their lines, can’t be heard, or speaks in a monotone.

Breathing Exercises
When you control the breath, you control the voice.

- Inhale through the nose on a six count; exhale slowly with a closed mouth. Repeat four times.
- Inhale through the nose on a six count; exhale slowly with an open mouth. Repeat four times.
- Inhale through the nose on a six count; exhale slowly on a hum. Repeat four times.
- Inhale through the nose on a six count; exhale slowly on a hum into Ahhhhhh.” Repeat four times.

Progressive Breathing
Great for calming nerves. Focus only on the slow inhale and exhale.

- Inhale on a two count. Exhale on a two count.
- Repeat on a four count, then six count, then eight count, then ten count.

Relaxing the Jaw
A tight jaw works against you.

- Make as wide a face as possible (wide open mouth, wide eyes). Then scrunch as tightly as possible. Alternate four times.
- Yawn on a descending scale.
- Chew imaginary bubblegum.
- Yawn on a descending scale.
- Chew thick peanut butter.
- Yawn on a descending scale.
- Chew stale toffee.
- Stick the tongue all the way out, the tip pointing down.
- Stick the tongue all the way out, the tip pointing up.
- Stick the tongue all the way out, the tip pointing to the left.
- Stick the tongue all the way out, the tip pointing to the right.
- Make as big a circle as possible with the tongue.

Continued Over...
Adding Sound

- Buzz the lips.
- Choose a song everyone knows and hum the melody through buzzed lips.
- Sing several times up and down the scale.
- Do it smoothly with each note blending into the other.
- Do it staccato with each note clearly separated.
- Work the vowels. Say the sounds quickly from left to right. Keep good tone and make sure each sound is different. Repeat 4 times.

   MOO  MOH  MAW  MAH  MAY  MEE
   BOO  BOH  BAW  BAH  BAY  BEE
   TOO  TOH  TAW  TAH  TAY  TEE
   DOO  DOH  DAW  DAH  DAY  DEE
   NOO  NOH  NAW  NAH  NAY  NEE

- Repeat these six times. Keep the sound short.

   HA   HA   HA   HEE
   KA   KA   KA   KEE
   GA   GA   GA   GEE
   YA   YA   YA   YEE
   RA   RA   RA   REE
   PA   PA   PA   PEE
   TA   TA   TA   TEE
   WA   WA   WA   WEE
   ZA   ZA   ZA   ZEE

Tongue Twisters

Say these ten times as quickly as possible.

Toy boat
An annoying noise annoys an oyster
The sixth sick sheik’s sixth sheep’s sick
Six thick thistle sticks
What gall to play ball in this small hall
A hotch-potch, moss-blotched, botched scotch block
Around the rough and rugged rock the ragged rascal ran

Continued Next...
Sing Rounds
Not only do rounds warm up the voice, they also stimulate focus and concentration.

Vocal Drama Games
Combine vocal exercises with drama exercises.

Emotional Orchestra
Divide into small groups. Each group is a section of an orchestra and represents a certain emotion. Each section will come up with a series of sounds to show the emotion. Everyone comes together and the orchestra is conducted. Focus on making the sounds clear and distinct so that it doesn’t become a wall of noise.

Pitch/Volume/Tempo
Using ROW ROW ROW YOUR BOAT, speak high/low, loud/soft, fast/slow. Change between each line.

Sounds like
Using ‘peas and carrots’ as your dialogue, speak like a Queen, a monster, a witch, an old man, a comedian, your teacher, a doctor.

Tone
Sound as gesture: Using the alphabet as dialogue, ‘do’ the following things with the voice:

- bite
- overturn a chair
- push a piece of furniture across the floor blow a feather
- a pair of scissors
- chop wood
- sweep the floor
- sneak up on someone

In pairs, have a conversation only using these sounds. What are we able to understand, just with sound?

Gibberish Commands
Done in pairs. The first person gives a command to the second person in gibberish. The second person has to figure out what the first person wants.