

Vocal Exercises for Strength & Resonance

The human voice is an amazing instrument. Using it really effectively increases our ability to communicate our message with impact.

It is important to build strength and volume. Think of the marathon runner who runs everyday to build strength in his/her legs. This is exactly the same with the voice. The muscles that help to produce sound need a daily workout. Here are some exercises to help you build strength, durability, resonance and volume:

- **Breathing Deeply** - When you slow your breathing down, it helps you to relax and think more clearly, so this helps to calm nerves. Correct breathing is the foundation for all of your speaking and is especially important to control nervous energy. Concentrate on breathing in to the count of five and out to the count of five, repeat this about ten times.
- **Hissing** - Continue to breathe in but as you breathe out make a hisssssing sound. You will feel and hear your breath leaving your mouth.
- **Mmm – ing** – Say Mmm – Mmm repeating this several times. Follow this by making the Mmm sound with a number:
Mmm Mmm ONE
Two
Three
Four - up to ten. Increase your volume a little bit with each number.
- **Mmmmmmmum.....My Name is** – Do this exercise going up and down the scale. This will start to increase volume and flexibility in your voice. It will also help you to start to feel how and where you can 'move' your vocal sound and build resonance.
- **Articulation** – These exercises help you to start to get your tongue around words. They are a workout to help you increase clarity and pronunciation. Repeat each one four or five times.

The blue bluebird blinks

Red lorry Yellow Lorry/ Red leather yellow leather

Three free throws

Strange strategic statistics

<https://www.youtube.com/watch?v=k4FIWpnlyXs&list=PLioptfC0vebcYFZWDzHlrDpF-6REHG-rJ>

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