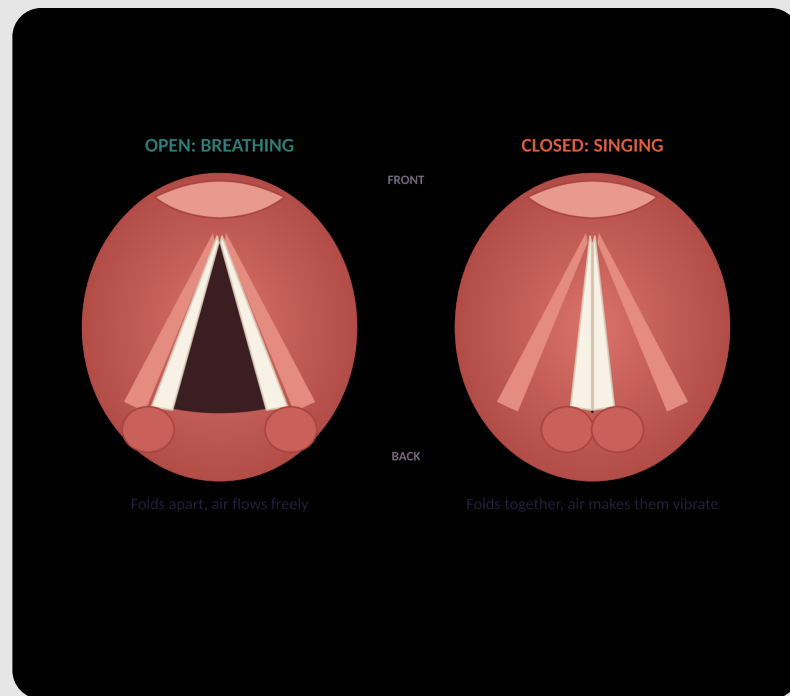


Your Voice Is an Instrument

Meet the parts of the body singers rely on



Today's Plan: 45 Minutes

10

min

**Meet your
instrument**

How the voice
works

5

min

Posture

Stand like a
singer

10

min

Breathing

Fuel for the
voice

10

min

Warm-up

Trills, hums and
vowels

5

min

Diction

Clear words

5

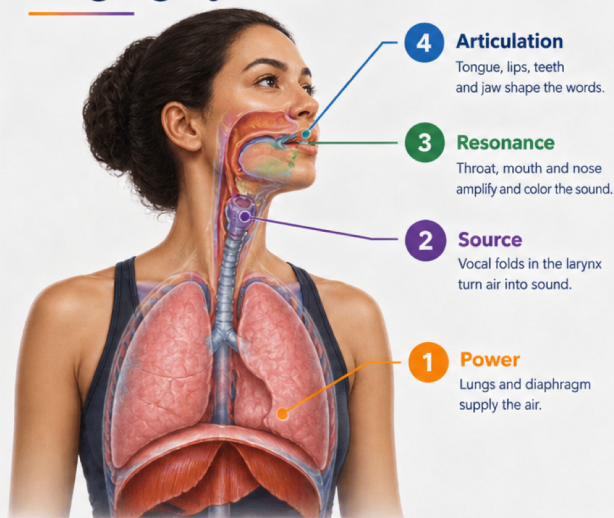
min

Cool-down

And a routine for
home

Four Parts of Your Instrument

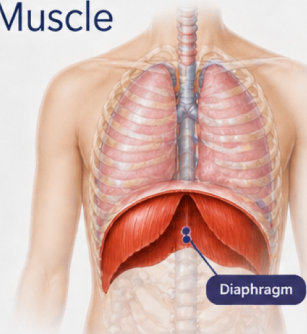
Four Parts of the Singing System



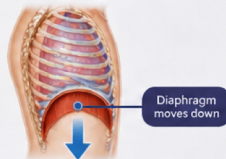
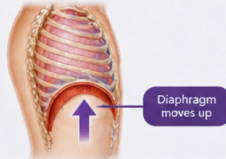
Think of a guitar: something gives energy (your hand = breath), something **vibrates** (the string = vocal folds), and a body makes it **resonate** (the guitar body = throat, mouth, nose). Then we shape it into words.

The Diaphragm: Your Breathing Muscle

- ✓ **A dome-shaped muscle**
sits under the lungs, like a floor.
- ✓ **You can't feel it directly**
you feel your belly and lower ribs move.
- ✓ **Breath support**
belly and rib muscles let the air out slowly and steadily.



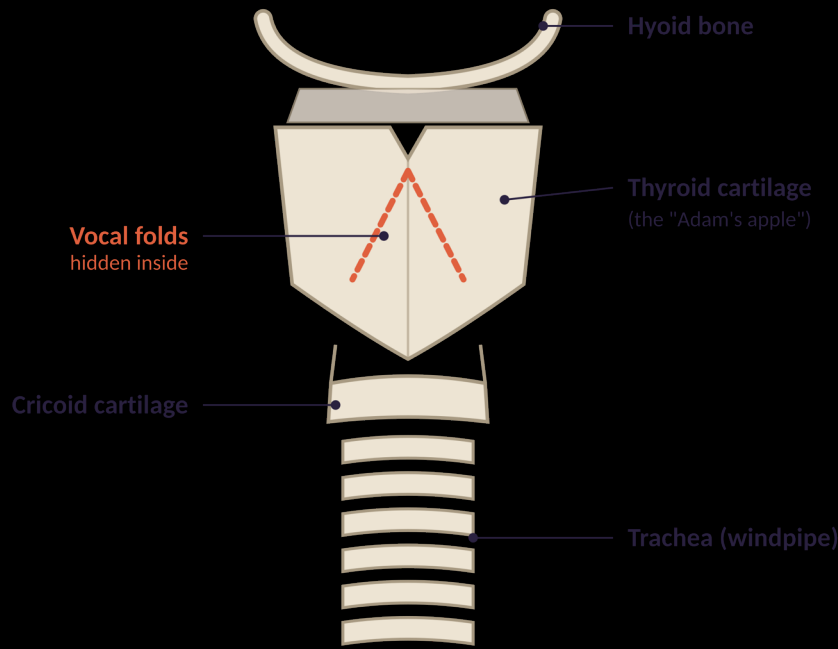
How It Works

- 1 Inhale**
The diaphragm tightens and moves down, making room for the lungs to fill.
A diagram showing the diaphragm moving down, indicated by a blue arrow. A label 'Diaphragm moves down' points to the muscle.
- 2 Exhale**
The diaphragm relaxes and moves back up.
A diagram showing the diaphragm moving up, indicated by a purple arrow. A label 'Diaphragm moves up' points to the muscle.



Exercise: Hand on the belly, breathe in without lifting the shoulders, then hiss "sss" slowly.

The Larynx: Your Voice Box

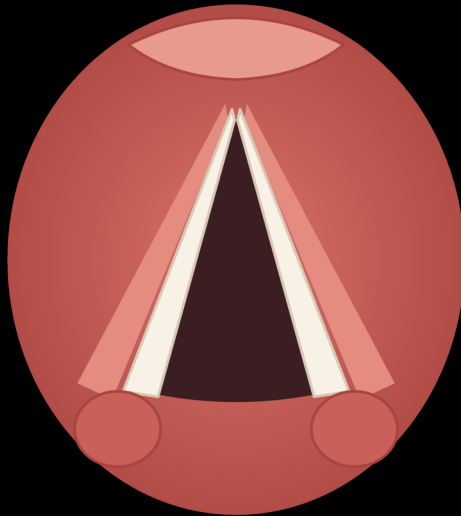


Try it

- Fingertips on your Adam's apple
- Swallow: feel it rise and drop
- Hum "mmm": feel the buzz of the vocal folds

The Vocal Folds: Where Sound Begins

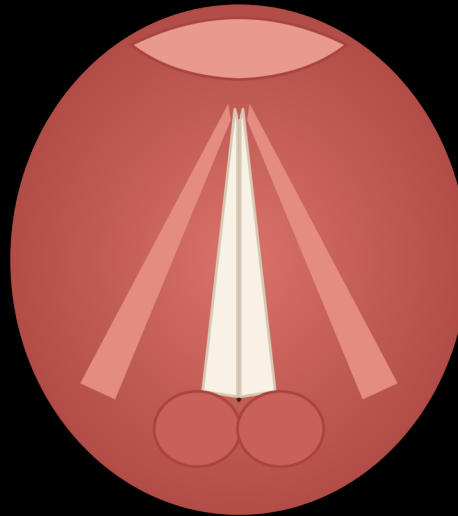
OPEN: BREATHING



Folds apart, air flows freely

FRONT

CLOSED: SINGING



Folds together, air makes them vibrate

BACK

1–2.5 cm

long: about the size of a fingernail

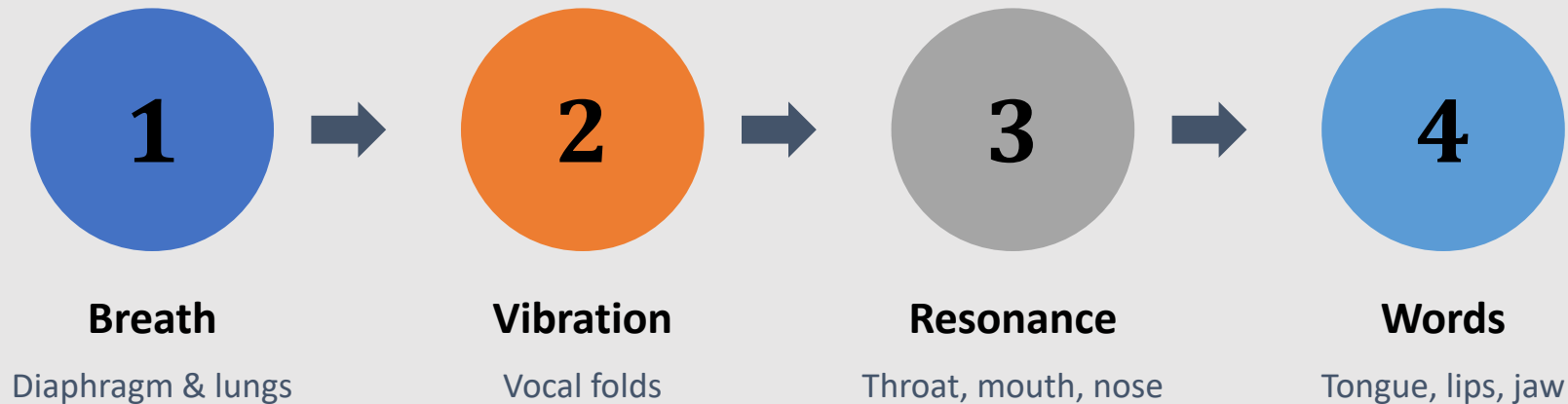
440×

per second they vibrate to sing the A above middle C

Stretch

longer and thinner folds give a higher pitch

How It All Works Together



Now let's put each part to work.

Posture: Stand Like a Singer

- ✓ Feet hip-width apart, knees soft
- ✓ Chest lifted, shoulders relaxed and down
- ✓ Head balanced, chin level
- ✓ Jaw loose, no tension in the neck

Loosen up first

- Neck and shoulder rolls
- Gentle jaw massage
- Arms up, big stretch, let go
- Try it: sing slumped, then aligned. Hear the difference?

Breathing Exercises

1

Hands on the belly

Breathe in slowly. Belly and lower ribs expand; shoulders stay still.

2

Hiss "sss"

Breathe in, then hiss steadily for 8 counts. Next 12, then 16.

3

Pant "ha-ha-ha"

Short pulses of air. Feel the belly bounce with each one.

Warm Up the Voice



Lip trills

Brrr on a siren, low to high and back down



Humming

"mmm" on a 5-note scale; feel the buzz in your lips



"Ng" to "ah"

Start on the "ng" in "sing", then open to "ah"



Pure vowels

"mee-meh-mah-moh-moo" on one note, then on a scale

Diction: Make Every Word Clear

"Tres tristes tigres tragaban trigo en un trigal"

"Red leather, yellow leather"

"The tip of the tongue, the teeth, the lips"

How to practice

- Say it slowly first
- Then faster, keeping every consonant crisp
- Then sing it on one note

Your 10-Minute Daily Routine

2 min

Breathing

Hiss "sss" for 8–16
counts

3 min

Lip trills

Sirens up and down

3 min

Humming

5-note scales

2 min

Vowels

"mee-meh-mah-moh-
moo"

Care for your instrument: drink water, warm up before singing, and rest when you feel hoarse.