

# EXERCISES FOR THE VOICE

Stimulate and warmup each element of the physical voice to prepare for any type of speaking engagement, public or private. Take the time to care for your physical voice, and remember that what comes out of you is a reflection of your "inner voice."



## OPEN YOUR CHEST, SHOULDERS & NECK

Belly Breathing 3x

INHALE fill belly like a balloon, arms up

EXHALE blow the air out slowly, arms down

Breath Push 3x

INHALE fill belly like a balloon

EXHALE blow the air out quickly & push arms forward

Cat Hiss 3x

INHALE fill belly like a balloon

EXHALE make "Ssssss" sound slowly & push arms forward

## WARMUP YOUR FACE

Yawn 3x

Smile 3x

Make a big smile & release the smile slowly

Jaw Massage 3x

Drag fingers down the sides of the jaw



## WARMUP YOUR MOUTH

Tongue Circles 3x

Open mouth, make large, slow circles with tongue

Tongue Press 3x

Press back of tongue to roof of mouth and release

Tongue Roll 3x

With lips open, suspend tongue in center of mouth near the roof of the palate & and blow air from the throat to make the tongue vibrate

## RADIATE YOUR SOUND FORWARD

Say "Mmmm Hmmm" 10x

Vocal Slides 5x

Say "Ahh" with a high sound & round your body forward

Say "Rung Rung Rung" 10x

