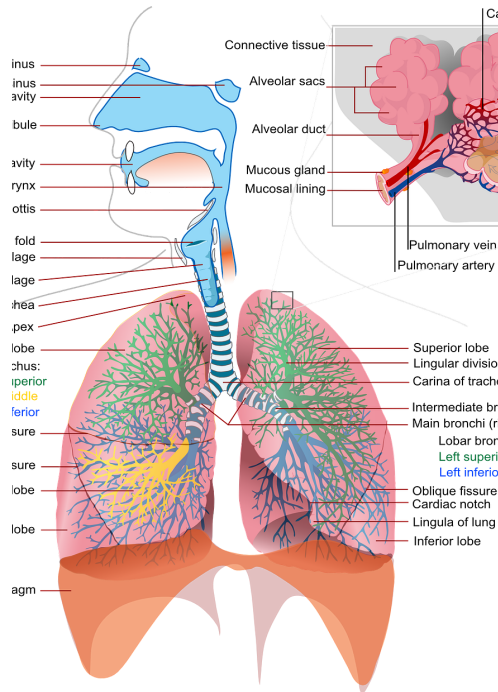


# The Breath



- Singing or speaking is just fancy exhaling. So it's worth practicing to make your exhale longer. A longer exhale means more time to play with your sound.
- We DO NOT speak from our diaphragm. The diaphragm is part of your breath. It is active during the inhale and relaxed during the exhale.
- The inhale is controlled by the diaphragm
- The exhale is controlled by abdominal and rib muscles and thoracic pressure

# Warm ups

- Begin with stretches and breath practices.
- Lip Trills or Tongue Bubbles
- Straw phonation or straw in water (SOVT exercises)
- Sirens on different vowels
- Tongue twisters and articulation exercises
- Explore the voice by talking in different character voices
  - High or low larynx
  - Open or closed soft palate
  - High, low, wide, narrow tongue placement
  - Chest/head voice (thickness/thinness of the vocal folds)

# Cool Down Exercises - DON'T FORGET THEM!

- Using your instrument as a voice over artist is a hyperfunction of the voice. The voice needs a workout to get strong and reliable. But it also deserves a cool down every time.
- Stay in your mid to low range. Speaking in your higher voice will continue to tax the voice when we want it to be able to relax.
  - Lip trills
  - Tongue Bubbles
  - Hums