

# EXERCISES

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## Finding the diaphragm

- laugh like Santa (Ha-ha-ha! Ho-ho-ho!)
- hands on lower rib cage – breathe in and out
- hands on tummy and back – breathe in and out

## Breath control

- hands on lower rib cage – keep chest and rib cage expanded while breathing out – don't get tense!
- breathe in through the nose, breathe out slowly with a sss or zzz sound

## Posture

- forward fold – stack the vertebrae as you rise up
- stand with back to the wall – step away and hold that posture

## Finding the vocal cords

- breathe in like you're going to dive into a pool, then hold breath
- breathe in like you're going to tell a friend something, then stop because you've forgotten!

## Vocalizing

- sigh
- siren
- lip trill
- ma-ba-pa-fa-la-ga-za (practice in different combos with different vowels)

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# SELF-CARE FOR SPEAKERS

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Check in with yourself: is your voice tired?

- dry mouth
- throat-clearing
- hoarseness
- scratchy or raw feeling in throat
- aching in the neck
- voice feels weak
- feeling winded, running out of breath

If you answered yes to any of these, prescribe **VOCAL REST!**

## Practice

- Do the exercises.
- Record yourself teaching.
- Ask a friend or colleague to watch a class and give feedback.
- Watch others teach, speak or perform and learn from them.
- Still have concerns? Consider finding a vocal coach and/or visiting the doctor.

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<http://tamucc.libguides.com/lift>

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