

EXPLORING YOUR VOICE



Speak your full name and notice where you feel your voice vibrating in your body. Do you feel it in your chest? Throat? Cheeks? Nose? Mouth? There is no right or wrong answer. You are simply making observations.

Repeat your name, starting on slightly higher pitch. Repeat it again lower. Now experiment on various pitches. Do the sensations change? In what range does speaking feel easiest?

Hum quietly on an "m" on a pitch that is comfortable for your voice. (Experiment until you find a pitch that feels good.) Notice what sensations you feel.

Turn your hum into a downward sigh, keeping your lips closed for the "m." Notice whether the sensations change. Repeat the downward sigh, letting the tone become breathy. Experiment with using more breath, then less. How do the sensations change?

Do a siren, starting at your lowest comfortable pitch and sliding up to your highest comfortable pitch. Repeat several times. Now start at your highest comfortable pitch and move downwards. Again, repeat 3-4 times.