

Using your voice in the classroom

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with special guest
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At the end of this presentation

You will acquire techniques to reduce or eliminate anxiety

You will understand the most efficient way to support the voice through breath and posture

You will be able to demonstrate your optimum vocal placement

What is the voice?

Consider as many approaches to answer the question as possible.

Trivial, philosophical, etc.

Turn to a neighbor and discuss for a minute.

Here is a trivial example...



Here is a philosophical example...



Go to

todaysmeet.com/GTLPvoice

What were some of the ideas discussed?

- a form of expression
- multidimensional way of communication
-

What can one do with the voice?

**What are the mechanics of
producing the voice?**

What powers the voice?

Breath

- Diaphragm



Centering and connecting with the body

Stand with feet directly underneath your hips...legs are apart (not too far)...just enough so that your body feels centred and supported easily over your feet. Feel as if your spine is in the centre of your body. Lift shoulders an inch and drop. Repeat.

Roll your shoulders gently forward in a swimming motion. Reverse the direction.

Pour water out of your ear onto your shoulder and gently hang your head to the side to feel the stretch in your neck. Lift your head gently upright again, then repeat with the other side.

Centering and connecting with the body

Allow your head to drop forward, let the force of gravity pull your head forward and feel the stretch along the back. If you like, clasp your hands gently on top of your head and simply allow the additional weight of your hands to increase the intensity of the stretch. Don't pull down with your hands, simply release some of the weight of your arms each time you exhale.

Drop your arms and bring your head gently upright. Jiggle your shoulders forward, keeping your arms and body relaxed. Let the jiggle move into your torso and pelvis.

Roll and tilt your pelvis imagining that it is a large bowl filled with water. Tip that water from side to side/front to back...slosh it around.

Connecting breath exercises:

Keep breathing down to that bowl in the pelvis.

With your elbows and wrists together, take three large gusty breaths to feel your back expand. Try this bending over from the waist, keeping your elbows and wrists together. Check that your head is dropped and relaxed. Continue to take big, gusty breaths and feel your insides moving in response to your breath.

Slowly roll up your spine to an upright position and clasp your hands behind your back, pulling down with your hands to feel a nice stretch across your chest. Feel a sense of opening in the sternum as you continue to take big gusty breaths.

Onset of sound

Begin to exhale on an Mmmmmmm (Humming with support and a relaxed throat).

Bring your arms to a relaxed position at your sides and explore pitch as you continue to exhale on a humming sound. Feel a gentle buzzing on your lips and in your mouth.

Pound your chest, front and back and exhaling on an “ah” sound allow low tones to resonate there Continue to jiggle your shoulders often as you explore sound checking to see that your shoulders, throat and torso are relaxed.

Buzz/burble your lips like a horse.



Exploring with the voice

Now add voice and explore burbling your lips on a humming sound. (Lip trill) Burble your lips on as low a pitch as you can. Slowly drop your head on to your chest and roll down your spine as you slide that burble up to as high a pitch as you can. As you descend in pitch, roll your spine back up to an upright position and finish with a big “ahhhhhh” as you jiggle of your entire torso.

Sigh out fully on “My-my-my-my.....” from high to low pitch.

Repeat “Woo-Wee” a number of times to strengthen your lip muscles.



Warming up the articulators

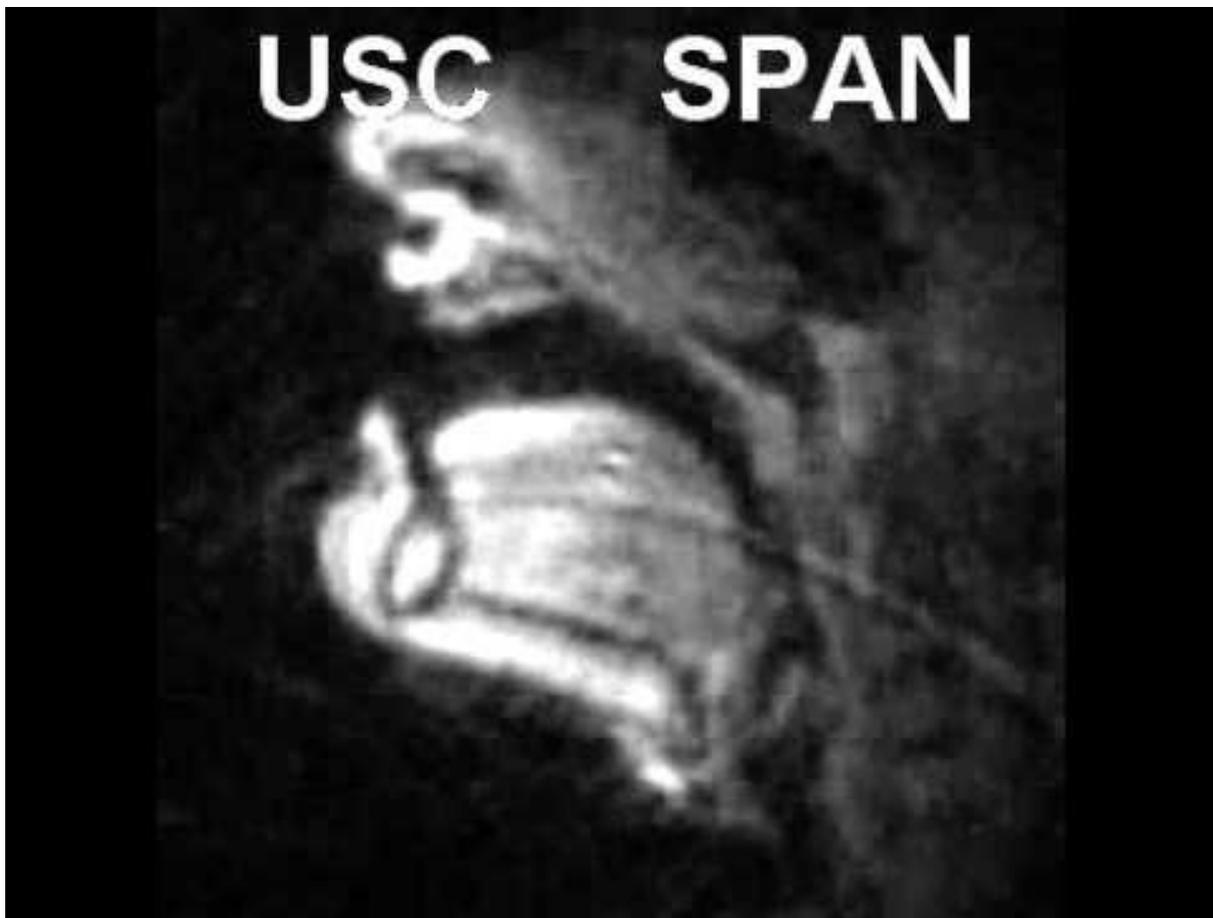
Take the straw (or a pencil) and hold it across your mouth lightly between your teeth and count as clearly and vigorously as possible up to 20. Repeat saying the days of the week.

Hum on an “Mmmmm”. Explore moving through the sounds Mee ... Meh ... Mai ... Moh ... Moo. Exaggerate and enjoy the vibration of the “Mmm” on your lips.

Add all those explosives consonants together (S, T, K, P, F, CH) and work towards building tempo and clarity to create a bit of a “rap” for yourself.

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Warming up the articulators

Some tongue twisters...

- Red Leather, Yellow Leather (Repeat)
- Betty beat a bit of butter to make a better batter.
- She sells sea shells by the sea shore.
- Lemon liniment.
- Who washed Washington's white woollen underwear?
- Vivacious Vera loves velvet vests.

Why do these?

Training

Exercise

Muscle memory

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