## Worksheet Seven: Vibrant Voice Tones

**Exercise a):** **Moving your voice around**

1. Press your hand on your nose and say "nose".
2. Concentrate on your nose as you repeat the word until you can feel your nose vibrating.
3. Now do the same exercise with your hand on your throat saying "throat".
4. And finally on your chest saying "chest".
5. Keep practicing until you can really feel the vibration in each place.
6. Notice how different each one sounds.

**Exercise B): Using your range**

1. Starting from a high note, say 'ar' (as in the letter r) keeping your mouth open allow the note to drop down until your breath runs out.
2. Repeat this ten times.
3. Starting from a low note, say 'ou' (As in you without the y), allowing the note to rise until you cannot support the sound.
4. Repeat this ten times.

**Exercise C): Resonate**

To use your voice correctly it must resonate in the facial area surrounding the nose and mouth.

There are two ways to do this:

1. Hum at whatever pitch is most comfortable for you. When you have found your pitch, hum 'umm' followed immediately by the word 'ready'. Repeat a few times, then try the words 'now', 'one', 'two', 'three'.
2. Hum, and then allow your lips to vibrate. You are attempting to sound like a dove. Allow the pitch to rise and fall. This is very difficult if there is any tension in the jaw or face. Done correctly for a few minutes, your face will start to feel numb. After a few minutes, you should notice that your voice sounds crisper, and the sound has better attack.

Spending 5 minutes a day practicing these exercises will enhance your voice tone.