VOCAL FUNCTION EXERCISES

are a set of exercises **designed by Joseph Stemple** to enhance vocal function.

Before You Start

1. Make sure your posture is **upright** yet **comfortable**.
2. Take a **breath** into your **abdomen**.
3. **Place** the **sound** towards the **front of your face**.
4. Make sure the **onset** (start of your sound) is **light** but **not breathy.**
5. Keep the **sound forward and buzzy.**

Warm-up

Sustain the sounds **'ee'**, and **'woo'** for **as long as comfortable** on a **comfortable pitch.** For **'ee'**, make a very **nasally sound** to keep the sound forward and off of the vocal folds. For **'woo'**, imagine speaking like a **"reversed megaphone"**, with a **wide open throat and lips rounded** and almost closed.

Stretch

Go from your **lowest to highest pitch** on the sound **'woo'**.

Contract

Go from your **highest to lowest pitch** on the sound **'woo'**.

Power

Sustain **five different musical notes** for **as long as comfortable** on the sound **'woo'**. Start on the note **C** and work upwards through **D, E, F, and G**.

Aim to complete this exercise twice through, twice per day.

AFFIRM&THRIVE