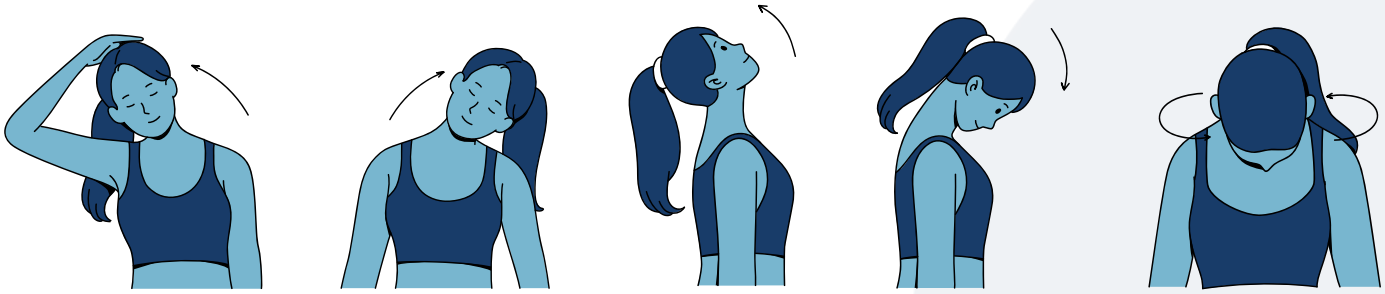
VOCAL WARMUPS

The following can be preceded by some light stretching of the neck, jaw, and tongue - as well as practising diaphragmatic breathing.



Straw Bubbles / Lax Vox

This activity requires a **wide straw**, and a **glass/ bottle of water.**

- Place the **straw 1-2 cm into the water** of the cup or bottle.
- Take the **straw slightly between your teeth and blow**, letting the water bubble regularly.
- Next, **gently** blow bubbles and **add on the voice** at a **comfortable pitch**.
- Using this technique, start to voice on a **higher pitch** and **work your way up the scale** holding each sound **as long as comfortable**.
- Do two pitch glides, both up, and down.

How does it work?

The vibrations have a massaging effect on your vocal folds and surrounding muscles. The back-pressure created by the water and straw make voicing easier.

Lip/ Tongue Trills

- **Trill your lips or tongue** (as if rolling an 'r' continuously) without adding voice yet.
- Next, **gently add on the voice** at a **comfortable pitch**.
- Using this technique, start to voice on a **higher pitch** and **work your way up the scale** holding each sound **as long as comfortable**.
- Do two pitch glides, both up, and down.

How does it work?

The vibrations have a massaging effect on your vocal folds and surrounding muscles. The back-pressure created by the lips or tongue makes voicing easier.

Both exercises can function as a **warm up** by starting on **comfortable pitches** and **gradually exploring a wider range**, as a **cool down** by using **a gentle and easy sound** to bring the voice back to rest, or as a **mid-day reset** whenever your voice needs a moment. Building even **a few minutes** of these exercises into your **daily routine** - including on days when you are not doing dedicated voice practice - is one of the most evidence-supported habits you can develop for **long term vocal health**.

AFFIRM&THRIVE