

VOICE AND DICTION

Tals Camp- UIL Capital Conference

“Voice should engage the whole body and imagination.”

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Warm up components:

- 1. Breath Support/Diaphragm**
- 2. Larynx/Frequency (pitch)**
- 3. Resonance**
- 4. Quality (Articulators/Consonants/Vowels)**

Actors need to envision what they are doing vocally; engage the mind.

UNDERSTANDING THE BREATHING/SPEAKING PROCESS: SEE DIAGRAMS

KEY WORDS: LARYNX, VOCAL FOLDS, ORAL CAVITY, NASAL CAVITY, STOMACH, CHEST, DIAPHRAGM

STRETCHES BEFORE BREATH SUPPORT

- rag doll hang and roll up
- releasing tension in neck with massage and slow head roll
- squat and put hands on lower back to feel breathe in this cavity

YOGA ROUTINE *Josh Groban “Oceano”

- inhale, exhale, inhale, exhale (move on the 2nd exhale)
- opening up breathing cavities (chest, stomach and back)

BREATH SUPPORT

- **should breathe through chest, stomach and back**
- inhale= fill or bloat; exhale=empty or deflate**
- breath support is all about controlling the exhale and breathing with the whole body**

EXERCISES

- laying on ground with supported posture and knees bent: exhale with an “S” (x’s 3)
- laying on ground with supported posture and knees bent: exhale with a “Z” (x’s 3)
- repeat the “S” and Z” in a seated position with supported posture (x’s 3)
- duration exercises

a. count to 5, 10, 15 controlling the exhale to support first and last # equally

b. I went to the store.

I went to the store and bought some eggs.

I went to the store and bought some eggs and milk.

I went to the store and bought some eggs, milk and cheese.

I went to the store and bought some eggs, milk, cheese and juice.

I went to the store and bought some eggs, milk, cheese, juice and popcorn.

I went to the store and bought some eggs, milk, cheese, juice, popcorn and grapes....

-Use long monologues to build up breath duration

ENGAGING THE DIAPHRAGM- WHAT PUSHES AIR INTO THE RESONATING CAVITIES

- wall push up on exhale; second time count to 5 as you exhale
- Tai-Chi: “Hey, Hee, Hah” with lunges and “ninja moves” to drum beat
- PU TA LE TA GE TA CHESSSSST (x’s 3)

THE LARYNX – STORES THE VOCAL FOLDS- CREATES SOUND BY RELEASE OF AIR

- find natural pitch with humming- strongest vibration of larynx is its resting (natural pitch)
- move right to left slowly to loosen and warm up
- frequency slide from top to bottom with a hmm. (feel the voice slide down)
- Yogi Bear imitation to engage the lower frequency
- high to low frequency words- pitch up with left words then pitch down with right words

HIGH	LOW
LIGHT	DARK
SWEET	SOUR
HAPPY	SAD
SUCCESS	FAILURE
LAUGHTER	TEARS
FRIEND	FOE
LOVE	HATE
JOY	SORROW
GENEROUS	MISERLY
TICKLED	TORMENTED
FREEZING	MELTING
HEALTHY	SICKLY
RICH	POOR
REWARD	PUNISH
WIN	LOSE

RESONANCE – HOW AIR VIBRATES IN A SPACE TO CREATE SOUND

-3 main resonators: nasal cavity, chest and oral cavity

- humming circle to feel resonance in back and chest
- humming and release to an AH... use hand to direct sound outward (can repeat with head upward)
- Ma, Mee exercise wandering around room

NASALITY- EAR TRAINING – should not hear a difference in pinching the nose and reading the sentence below; if you do then you resonate in your nasal cavity too much

Nose pinch:

Robert took a good look at the spotted puppy.

The weather report calls for cloudy skies today.

Contrast drills:

BAN---BAT
BIN---BILL
FIN---FILL
FLAME---FLAKE
ROAM---ROAD
SEEM---SEEP
RUNG---RUG
NO---DOUGH
MAY---SAY
MIGHT---LIGHT
MOOSE---LOOSE
NOW---HOW
NOR---FOR
MORE---TORE
NOSE---ROSE
NAP---LAP
ANNOY---ALLOY
SINNING---SITTING
HUNT---HURT
GLIMMER---GLITTER
TAINT---TASTE
UNDER---UDDER
LENT---LEST
SING---SIT

No Nasal sounds (resonance pushed into oral cavity)

- a. Paul was the first of several quarterbacks to try out.
- b. Susie liked school a lot.
- c. Where will you go for your holiday?
- d. I'd like a glass of water, please.
- e. I hope you like the picture.

Some nasal- listen for them (resonance in switches from nasal to oral)

- a. Nobody likes to be left in the lurch.
- b. A stitch in time saves an executive headache.
- c. Sticks and stones may break my bones.
- d. Abraham Lincoln was in error. You can fool all the people all the time.
- e. "Neither a borrower nor a lender be."

ARTICULATORS- JAW, TONGUE, HARD PALATE, SOFT PALATE, LIPS, TEETH

-yawning

-sighing; then sighing and counting to 3 while

-jaw clench then massage

-APPLES, PEACHES

-singing: 12321, 123454321, 12345678987654321 (repeat in scale if you have piano)

-engaging the soft palate: (ng to ah) (ng-gee, ng-gay, ng-gah, ng-goo, ng-goo) -

Manner of Articulation

Most common places of articulation: consonants can be formed in the following places in the mouth

- The lips
- The lips and teeth
- The alveolar ridge (back of top teeth)
- Hard palate
- Soft palate

Consonants made with two lips: P B M

Consonants made with lips and teeth: F V

Consonants made with the alveolar ridge: T D N R S Z L

Consonants made with the soft palate: K G NG

Plosives: consonants formed by total obstruction of air followed by a release that creates a popping noise... "jabbing consonants" ... (P and B are silent plosives)

P B T D K G

Fricatives: consonants that are formed by a partial obstruction of air, creating a continual hissing sound... "punch consonants"

F V TH S Z SH J (as in beige) H

Nasals: consonants that are formed by air escaping down the nasal cavities

M N NG

Approximants: consonants that are formed when the surface of two articulators move toward each other and move away before they actually touch

R Y (as in yes) W

Lateral approximants: one consonant is formed with air escaping from two-sides of the tongue

L

EXERCISES

Consonant Conga

P B T D K G F V TH
S Z CH M N NG L W

Plosives

PUU TEE KAA (3 times)

BUH DAH GEH DAH (3 times)

Consonant Drills

My Mother makes marmalade to make Marv merry.

A skunk sat on a stump
The skunk said the stump stunk
And the stump said the skunk stunk

Five frantic fat frogs fled from fifty fierce fishes.

Cheryl's cheap chip shop sells cheap chips.

Vowels

If consonants are the bones of language, then vowels are the heart; the emotion.

Long vowels: unobstructed air; tongue does not engage, jaw is the main articulator

EEE (eat) AH (father) OO (goose)

Short vowels

I (kit) EH (every) UH (strut) U (put)

Diphthongs: two vowels are spoken as one sound; they engage the tongue; only 5 in the American English language

AY (face) IY (Price) OY (choice) O (goat) AU (mouth)

Pen-Drills

-pen in mouth horizontally between teeth focuses on consonants

**-pen in mouth vertically between teeth focuses on vowels
(switch during drills to warm up both)**

Laryngitis is the swelling of the vocal folds

How to care for my voice:

1. Get rest
2. Drink plenty of water
3. Avoid caffeine; carbonated beverages; juice and milk
4. Avoid talking in competition with loud noises like a subway, noisy classroom, etc.
5. No smoking
6. Avoid screaming- if you do have to increase your intensity do so by supported breathing
7. Avoid pushing forward with the head and neck when speaking
8. Be aware of certain medications- some allergy pills will dry out your mouth
9. Avoid acidic foods like lemons
10. Don't clear your throat; think of it as smacking your vocal folds together as hard as you can- drink water to move mucus around
11. Speak at your optimum (natural) pitch

**students begin and end as a team- if they are truly deep breathing on the “inhale, exhale, inhale, move” pattern they should be almost in sync after a few weeks.

**it is important students are comfortable, not straining in any position. They also need to take the time to “find the position” before going into the breathing pattern. They should not worry about others. I encourage them to work with their eyes shut after beginning and only open when they have completed Ragdoll at the end.

**there are alternate poses for those who need assistance.

**I coach them through this for the first 3-6 weeks of class. It is how we start every class. Then move into breathing exercises and then articulation/resonance.

**Inhale (nose) exhale (mouth)

**Students should breath naturally when moving from pose to pose. Once they hit a pose then they go through the deep breathing pattern

Yoga for Breathe Support/Relaxation Routine Josh Groban- Oceano**

Standing Tree pose

Inhale, exhale, inhale, move

Arms stretched above head- reach up as far as you can without going onto toes- look at hands

Inhale, move (focus on releasing tension in neck) only pattern that is different due to tension

Ragdoll pose (focus on releasing tension in upper body)

Inhale, exhale, inhale, move

Child's pose (focus on lower back cavity breathing)

Inhale, exhale, inhale, move

Upward- facing Dog (focus on spine, torso)

Inhale, exhale, inhale, move

Child's pose leg extended

Inhale, exhale, inhale, move

Upward- facing Dog (focus on spine, torso)

Inhale, exhale, inhale, move

Child's pose other leg extended

Inhale, exhale, inhale, move

Upward- facing Dog (focus on spine, torso)

Inhale, exhale, inhale, move

Child's pose final time (should feel very free in lower back breathing)

Inhale, exhale, inhale, move

Rise into ragdoll pose keeping head tucked

Inhale, exhale, inhale, move

Slowly roll up one vertebrae at a time

***students end as a team using soft focus, they are to wait until all are ready and then move together to complete the routine below. While waiting they should focus on breathing through chest, lower back and abdomen)

Arms extend out and then up above head

Bring together and end in standing tree

Inhale, exhale, inhale, exhale and release arms to side

“Stage Manager” Vocal and Physical Warm Ups

- After the first 6 weeks students are assigned SM duties to lead warm ups after breathing during class- 3 warm ups focusing on resonance, articulation, larynx, etc.... 1 has to be new.
- We keep a running list and update with the most effective at the end of each week

Breathe Support

- Yoga
- Inhale, hold, exhale (count 6-10...)
- Exhale on “s” x 3
- Exhale on “z” x 3
- Counting with supported posture
- Release on the “ah” in natural pitch

Larynx/Vocal Folds

- Humming and frequency up/down
- Siren
- Going from hum to an ahh with the slide
- Yogi Bear

Engaging the Diaphragm

- “Hey, Hee, Hah” (Tai- Chi)
- PU, TA, LE, TA, GE, TA, CHESST x 3
- PUU, LEE, KAA x 3
- BUH, DAH, GEH, DAH x 3

Resonance

- Humming while beating on resonant cavities (sinus/cheeks, chest, lower back, abdomen, nasal)
- Humming and using the hand to extend sound outward- release on the AHH....

Articulation/ Enunciation

- Yawning
- Chewing gum with increased amount and veracity
- Jaw clench and massage
- Head massage
- Lip trills
- Consonant Conga
- Vowel drills (long, short, diphthongs)
- Tongue Twisters

- MAH, MEH, MEE, MOE, MOO
- PAH, PEH, PEE, POE, POO
- DAH, DEH, DEE, DOE, DOO
- KAH, KEH, KEE, KOE, KOO etc..
- I like bumblebee, bumblebee tuna, Yum Yum bumblebee bumblebee tuna, (repeat) then say, I love the tuna made by bumblebees
- Who Washed Washington's white wooly underwear when Washington's washer woman (clap) went west... sing climbing scales
- HASH- Happy, Angry, Sad, Happy (counting 1-5, 6-10, 11-15 and 16-20) vocalize and physicalize emotions
- I like to ...Apples and Bananas with different vowels,verbs and adjectives to change vocal expression