Luna_VIEWPOINTS A VOCAL WARMUP
BY ANNE BOGART

The Expressive voice

Create a three syllable word that is uniquely yours. Use it for all of these exercises.

1. PITCH
   Go from lowest to highest; then go from highest to lowest; highest to lowest to highest; lowest to highest to lowest; mix them up

2. DYNAMIC VOICE
   Start from whisper to loudest; loudest to lowest; continue vocal pattern as in #1

3. Tempo & Duration
   Start from slowest to fastest; fastest to slowest; continue vocal pattern as in #1

4. Timbre
   Say your word from your stomach area, throat, mouth, nasal, upper mask; reverse process; continue vocal pattern as in #1

5. Shape
   Say your word with the following patterns:
   Round; soft; linear; jagged; sharp; spikey; fluid; percussive; triangular; (other shapes as you think of them)

6. Gesture
   Expressive (bored, excited, sad, reflective, etc.)
   Behavioral (taking a test, waiting for car repairs, waiting at the grocery, etc.)

7. Architecture:
   Use your word to explore your environment