

Voice Projection Tips & Games: for Students, Parents & Teachers

Tips

1. Breathing technique

Good voice projection requires efficient working of the lungs, intercostal muscles and diaphragm. The diaphragm is an umbrella shaped muscle which helps push air out of the lungs. Ask your trainees to locate their diaphragm by placing their hands, with fingertips touching, across their body below the ribcage. If you then ask them to breathe out making the sound 'huff' they should be able to feel the diaphragm working and see their fingertips being pushed apart. This allows them to experience how proper voice production should feel.

2. Resonators and Vocal Exercises

Ask your students to hold their noses and say 'many mighty men making much money in the moonshine' with as much force as possible. Then immediately get them to release the hold on their noses and say the same phrase. They will immediately hear the difference in the force of their vocal sound. Humming before speaking is another way of improving voice projection by resonating.



THE VOCAL EXERCISE KIT

Vocal Exercise	Purpose	Form	Regularity
Yawn	<ul style="list-style-type: none">› Warms up larynx› Cools brain› Relaxes entire body	<ul style="list-style-type: none">› Wide mouth› Make some noise	<ul style="list-style-type: none">› Daily
Hiss	<ul style="list-style-type: none">› Builds lung capacity› Increases volume	<ul style="list-style-type: none">› Fill belly with air› Go for long and loud	<ul style="list-style-type: none">› 3 times a week› 2-3 mins. each

Additional vocal exercises generally require the oversight of a coach to prevent vocal injury.



Games

THROW YOU VOICE!

Try using vow sounds (a, e, I, o, u), and in pairs work on throwing these sounds across a distance (eg, a room). The listener can rate their partner (the speaker) out of ten for their clarity and volume, with the aim of improving each time the exercise is repeated. This can also be done with short phrases, then moving onto full poems, monologues and/or dialogues.

BEAN BAG 'VOICE PROJECTION'

This exercise demonstrate to children how important it is to project their voices.

Set Up: Place three bean bags in front of a row of children. One about 10 feet away from them - the second about 20 feet away, the third about 35-40 feet away (this can obviously be changed to suit the physical environment of the class).

1. Ask each child to look directly at the first bean bag, say their name and the name of their favorite animal.
2. Instruct them to say the exact same things to the second bean bag.
3. Would they speak with the same volume? Of course not - the "person" is further away.
4. When asked to address the third bean bag, they obviously should be projecting their voices as loud as they can.
5. After the entire group has addressed the bean bags, let them know they were really acting in a play just then - reaching the first three rows, the middle rows, and the back rows of the theater.

PARTNER LINES:

Partner Lines helps an actor learn to project her lines clearly to be understood by an audience. Instruct the actors to stand in two lines facing each other. Hand each actor a slip of paper with lines marked "A" and "B." The As say a line to the Bs, such as "Give me some ice." The Bs then read their very similar line, such as "Give me some mice." Each actor must speak clearly and loudly enough for her partner to hear the line, while all of the partners are speaking at once. Have the actors take one large step apart from each other following each line.



Listen to your voice

Early signs of a problem might not seem too worrying or unusual - discomfort speaking, a lower pitch to the voice, breaking voice, a loss of vocal range, a tickling in the throat, or an urge to cough or clear the throat, or a voice that becomes harsh, raspy, shrill or thin. This will normally sort itself after a break - a night's sleep or a weekend off. But if the symptoms persist, this could be the early signs of a long-term and potentially irreversible problem. The onset may be gradual, so it is important to be vigilant for signs the symptoms are becoming more frequent or more troublesome.

In severe cases, vocal strain can produce inflammation of the larynx, swelling of the vocal chords or the appearance of vocal nodules, tumours or ulcers. In its guidance on call centre health and safety, [7] HSE says: "The medical term for voice problems is dysphonia. The condition is not just an inability to speak but also includes pain, tension, croakiness, irritating cough, inability to modulate, poor or no vocal power and breathing difficulties."

Hazards Magazine, www.hazards.org, issue 88, October-December 2004, accessed 15 July 2013



Work Hoarse - Voice Care

Projection of Voice

- 'mmmm'
- 'eeee'
- 'ahhh'
- 'oooo'

- 'ask the Master to pass the banana'

