

## Maintaining Your Voice

- 1) Breathe as deeply as you can to provide a good base for your voice.
- 2) If sitting, support your back against the chair.
- 3) Try to open your mouth as much as possible to let out the sound.
- 4) Remember that exercising the lip and tongue muscles will keep them strong for longer.
- 5) Try to complete all words and use the tongue tip as forcefully as you can.
- 6) Take more time to breathe and be more accurate. Others will understand you more easily. It is better to be slow and clear than fast and indistinct.
- 7) The breath will carry the voice into the head naturally so that the note can be made louder.
- 8) Look directly at the person to whom you are speaking so that they can see as well as hear your voice.
- 9) If your voice is tired or energy low avoid any drinks which contain caffeine.

## Exercises to Make Your Voice Clear

If you try some of these exercises every day it should help you to strengthen your voice muscles.

### **1) The Tongue**

- a) Try to touch your nose and then your chin with your tongue-tip.
- b) Circle the tongue-tip around the outside of your mouth for the T sounds in *T-Say, T-see, T-Sigh, T-Saw, T-Sue*.
- c) Repeat 5 times quickly "*River, river, river, river, rill, rill, rill*". (Roll your R's if you can).
- d) Repeat 5 times quickly "*Liver, liver, liver liver, lill, lill, lill*".
- e) With the mouth wide open say *LA, LA, LA*. Quickened the pace but don't allow the lips to close.

### **2) The Lips**

- a) Bounce the lips on *B-B-B-BAH, B-B-B-BAY, B-B-B-BEE, B-B-B-BOW, B-B-B-BOO*. Repeat using P and M.
- b) Speak this rhyme with the lips alone (no voice), then whisper it, then speak it loudly. Make sure every sound is clear.

*'To sit in solemn silence in a dim dark dock in a pestilential prison with a lifelong lock. Awaiting the sensation of a short sharp shock, from a cheap and chippy chopper on a big black block'*