

How to warm up your voice: In a share house

There's heaps you can for your voice without making too much noise.

Throughout the exercises, make sure your breath is centred. Allow time for the thought and breath to drop in at the start of each sigh.

1. **Physical release** – Go through any stretches you like to do. Make sure you don't hold the breath as you stretch – keep reminding yourself to sigh out.
2. **Yawning** – this is a great soft palate stretch and opens the throat. When you yawn, keep the tip of the tongue down behind your bottom teeth, and think of yawning horizontally (into a wide smile) rather than vertically. You can yawn with or without making sound.
3. **Open your ribs** – to ensure they are flexible and ready to move. Take one arm up and over your body, breathe in and out into your side ribs for about 30 seconds. Repeat on the other side.
4. **Arm swings** – this is a great way to activate the breath. Take one arm forward and one arm back, and gently bounce the knees as you swing your arms forward and back. Release the breath on a firm, full “F” sound. Feel how the movement of the arms energised the breath. Try this on a firm “V” and “Z” (if you're comfortable making a little sound).
5. **Whisper your text** – on a complete whisper, not a very quiet voice. This will energise your articulators and ensure you're staying connected to breath.
6. **Energise your body** – shake your muscles, pat yourself down, jump up and down. Your physical energy can be redirected into your voice.
7. **Add any voice exercise you like** – as long as you're connected to thought and breath, it doesn't matter how much sound you're making.

Remember, warming up your voice is about clarity and intention, and not about volume.