

## Save Your Voice! - Simple techniques for a healthier and more efficient teaching voice

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### Techniques to help avoid vocal fry:

- lots of breath
- energy up at the ends of sentences
- keep pitch higher at the end of a sentence
- don't fade
- THE PERIOD IS A FINISH LINE.
- use resonators and articulators to send the sound **forward and out**  
(vs. down and back)

### Warmup exercises:

- Gentle humming
- Sigh (easy) without sound – lots of air
- Sigh (easy) with sound – lots of air
- Breathe out as you count to 10 in your head
- Breathe out and count 1-10 on your voice (think of sighing as you do it)
- Breathe out as you count to 20 in your head
- Breathe out and count 1-20 on your voice (think of sighing as you do it)

### Say:

- Hello.
- Hello there.
- Hello there, you.
- Hello there, you look distracted.
- Hello there, you look distracted today.
- Hello there, you look distracted today, my friend.

Phrases for articulation and energizing (think of sighing as you say them):

- To be or not to be, that is the question.
- The rain in Spain stays mainly in the plain.
- Hey there, you wonderful person.
- I think we should do this more often.
- Any person who can sleep at night with a pint of ice cream in the fridge has no soul.
- He's a good example of why some animals eat their young.
- The dog is the god of frolic.
- Some people without brains do an awful lot of talking.
- Weary with toil, I haste me to my bed.
- Make the most of the best and the least of the worst.
- Conversations about complexity and contradiction, creatively exploring the human condition.
- I know the voices in my head aren't real, but sometimes they have some pretty good ideas.
- Now is the winter of our discontent,  
Made glorious summer by this son of York.
- 'Twas brillig, and the slithy toves  
Did gyre and gimble in the wabe:  
All mimsy were the borogroves,  
And the mome raths outgrabe.

**\*\*Now add some of your own!\*\***