

DRAMA : PRACTICAL

Vocal Warm Ups

This week we will be focusing on some basic exercises that will help you with pronunciation and articulation during your performance.

These activities need to be practiced daily.

Keep a note of your experience in an acting diary.

Monitor yourself see if you are seeing any change in your voice before you speak.

Activity 1: The Lip Buzz

Complete the following exercise using different tones (Think of a scale – do re me fa so la ti do-).

To do this vocal warm up, simply vibrate your lips together without pitch, at first. This will help build up your breath support and stamina while singing/acting.

Next, try adding a pitch to your lip buzz, and hold it anywhere from 3-5 seconds. Pitch can go up, down, or stay on one note. There should be a funny, tickling sensation in your nose and other resonators (the forehead, cheeks, lips etc.).

If you have trouble making the buzzing sound, you can place your index fingers on the center of your cheeks to give your lips more “slack.”

If a lip buzz isn't happening, you can achieve the same effect by rolling your tongue. This is called a tongue trill and occurs frequently in languages such as Spanish and Italian. Most singers find lip buzzes easier than tongue trills, but if you prefer to trill during these singing warm ups, go right ahead!