

PROTECT, PROJECT AND PRESENT!

QUICK "IN YOUR CAR" VOCAL EXERCISES:

- Tense different head/facial areas, then relax
- Shake face out with sound
- Moisten lips – stretch and release
- Tongue stretches – open jaw – touch tongue to "T" position
- Jaw shake



Yawning

- 1) Yawn, then vocalize, then "I'm Yawning"
- 2) Character voice, "Hey Boo Boo"

Humming

- 1) Chew it
- 2) Buzzing in nose –with "M," "N," "NG"

Open Throat

- 1) "Ah" on scale – play with pitch.
- 2) Awareness Exercise
 - I am speaking with an overly open throat
 - I am speaking with an open throat
 - I am speaking with a tight throat

Breathing:

- 1) Blow on finger
- 2) Exhale – pause (don't tense or inhale until needed)
- 3) Inhale/exhale count

Inhale (as you count mentally)

1, 2, 3, 4, 5, 6, 7

1, 2, 3, 4, 5, 6

1, 2, 3, 4, 5

1, 2, 3, 4

1, 2, 3

1, 2

1

Exhale (as you count mentally)

1

1, 2

1, 2, 3

1, 2, 3, 4

1, 2, 3, 4, 5

1, 2, 3, 4, 5, 6

1, 2, 3, 4, 5, 6, 7

Projection:

- 1) Throw the "Ah"
- 2) Count aloud. Forcefully project each number with a quick inward push of abdominal muscles. Inhale between each number: 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
- 3) Count aloud from 1-5. Use a minimum amount of force on one, gradually building up to a maximum amount on five. Repeat – and then reverse. 1 / 2 / 3 / 4 / 5
- 4) Use an expression (i.e. Halt!, Who Goes There?, etc.) and project it three ways:
 - small meeting room w/4 people
 - large meeting room w/40 people
 - large auditorium with 200 people

Articulation:

- 1) The tip of the tongue, the teeth, the lips
- 2) Gutta butta, butta gutta
- 3) Bah bibby bee bay boh
Boh bibby bay bah bee
Bee bibby bah bobby boh
Boh bobby bay bah bee

Use different consonants –with above, i.e.

Mah mimmy mee may moh
Moh mimmy may mah mee
Mee mimmy mah mommy moh
Moh mommy may mah mee

4) Tongue Twisters:

A tutor who tooted the flute
Tried to tutor two tutors to toot.
Asked the two of the tutor
“Is it harder to toot?
Or to tutor two tutors to toot?”

Pretty Polly polishes pearly pewter platters.

Zany Zelda severs seven silky sutures.

QUICK PHYSICAL EXERCISES:

Neck/Shoulders/Back

- 1) Shrug shoulders up to your ears, hold for 10 seconds – then drop/release hard. Repeat 5 times.
- 2) Ear to shoulder. Hand you are leaning towards comes up/around and rests on ear facing ceiling. Let weight of hand/arm stretch neck. Hold for 10 seconds, then release. Repeat on other side.
- 3) Cement Shoulders: Push your shoulders down; imagine you have large cement blocks sitting on them forcing them down. Hold for 10 seconds; then release. Repeat 5 times.
- 4) Shoulder Rolls
- 5) Door Jam – shoulder blades touch in the back. Hold for 10 seconds; repeat.

Arms/Hands

- 1) “Wacky Shake”: shake from the fingers moving up towards the shoulder. Increase circulation in arms, hands and fingers. Repeat twice in each arm.
- 2) Overactive arms? Rehearse your presentation holding a heavy book in each hand – this will eliminate unnecessary gesturing. However, those gestures that still occur while holding the books are then the sincere gestures to keep.

Legs/Body

- 1) Take a 5 minute brisk walk before your presentation to release stress/anxiety. Reduces knee knocking.
- 2) Torso swing. Keeping your hips in place – swing your torso back and forth several times.
- 3) Wiggle toes in your shoes; If sitting – uncross legs, sit on edge of chair, press feet flat into the floor.

