

## **Voice exercises:**

### Exercise 1)

Thinking about your voice. Ask yourself some questions. You may be unsure about the answers to some of these questions, but, if so, we expect that your friends will help you out.

Is my voice loud, perhaps too loud?

Is my voice soft, perhaps too soft?

Do I speak too slowly?

Do I speak too quickly?

Is my voice monotonous?

Do I articulate clearly or do I mutter?

Will my accent cause my audience any particular difficulty?

Do I run out of breath and gasp for air as I speak?

### Exercise 2)

Go into an empty room and stand at one end. Now think of some words which have explosive sounds, such as 'Stop!', 'Crash!' and 'Bang!' Imagine a scene in which you need to shout one of these words (someone is about to walk under a bus, and you yell 'Stop!'), then do so, very loudly, and notice as you do how you take a deep breath and move your mouth quite instinctively. Now try saying the words again, this time not shouting, but speaking as loudly as you can, taking a breath and moving your mouth as before. When you've tried this a few times, use other words which don't have quite such a forceful sound – perhaps 'Good morning', as the hard 'g' sound has something of the same impact.

**This will help you if you don't move your lips enough – a common reason for people speaking too softly.**