

Speaking Skills for Students

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Introduction

- The following exercises are useful to use to warm-up and relax before a presentation, and they are also useful for building long-term strength in the voice
- If these exercises are practiced 2-3 times a week, you can build strength in your voice and the physicality needed for speaking clearly



The Body and Breath

- Find tension in the body
 - (focus on neck, shoulders, and side of body)
 - Stretch to release this tension
- Breathing exercises
 - Inhale through nose, exhale through mouth
 - On the inhale, stomach expands (fill rib cage)
 - On the exhale, stomach retracts
 - 6-4-8 breathing
 - 4-7-8 breathing works better to relax before sleeping)
 - Breathe into back
 - Roll over, letting head hang loose
 - Continue 6-4-8 breathing, but focus into back
 - Bring awareness into the support needed in back for breath
 - Roll up slowly, vertebrae by vertebrae, head last



Source: <http://weightwise.com/wp-content/uploads/conscious-breathing.jpg>

Resonance

- Resonance - the quality in a sound of being deep, full, and reverberating
 - Humming (focus in the nose, throat, chest = not effective resonance, and then diaphragm = best/safest resonance)
 - Bounce and shake humming through body to feel effective resonance that uses WHOLE body



<http://www.entwellbeing.com.au/breathing-techniques-for-voice-projection-and-resonance/>

Opening the Voice

- Stretch throat
 - Yawning (x3)
 - 'Ah' slides (x3) (raise your voice up and down, as if you're travelling on a slide – AHH ... ahh... ahhh)



<http://www.foxnews.com/health/2014/08/19/real-reason-yawn/>

Articulation

- Massage/Stretch
 - Cheeks
 - Jaw
 - Speak Vowels
 - **exaggerate the pronunciation - AEIOU**
 - Lips (flutter lips)
 - Speak quickly the following consonants:
 - Ppppppppp
 - Bbbbbbbbbb
 - Tongue (stick out, move, and say: north, south, east, west)
 - Speak quickly the following consonants:
 - Ddddddddd
 - Ttttttttttt
 - Ggggggggg



Try these Yoga Face stretches to relax muscles and improve flexibility.

Source: <https://s-media-cache-ak0.pinimg.com/736x/5f/f8/d9/5ff8d938efbd40b99939fabd374de9da.jpg>

Tongue Twisters: practice these to loosen up your facial muscles and build clear pronunciation skills

From - <http://plays.about.com/od/activities/a/enunciation.htm>

- **A** - Around the rugged rocks the ragged rascal ran.
- **B** - Big black bug bit a big black bear and the big black bear bled black blood.
- **C** - Can I cook a proper cup of coffee in a copper coffee pot?
- **D** - Don't doubt the doorbell, but differ with the doorknob.
- **E** - Eight gray geese in a green field grazing.
- **F** - Fine white vinegar with veal.
- **G** - Grab the groundhog from the glazed grass.



Have
Fun! It's
okay to
laugh!

Tongue Twisters, continued

- **H** - High roller, low roller, lower roller.
- **I** - Inexplicably mimicking him hiccupping.
- **J** - Jingle jungle jangle joker.
- **K** - Knit kilts for nasty cold nights.
- **L** - Little lucky Luke likes lakes, lucky little Luke likes licking lakes
- **M** - Monkeys make monopoly monotonous.
- **N** - The next nest will not necessarily be next to nothing.
- **O** - Octopi occupy a porcupine's mind.
- **P** - Peter Prangle, the prickly pear picker, picked three perfectly prickly pears.



Tongue Twisters, continued

- **Q** - Queen Catherine wakes the cat, and the cat quietly cries.
- **R** - Rubber Baby Buggy Bumpers!
- **S** - Some shun sunshine. Do you shun sunshine?
- **T** - Three thick thistle sticks.
- **U** - Unique New York, Unique New York, Unique New York.
- **V** - Venti, Grande, Tall - Very Grand Words for Large, Medium, Small.
- **W** - Will's wetsuit is round and wet and rough and wide and ready to go on a watery ride.
- **Y** - Yoda met a Yeti on the Plains of Serengeti.
- **Z** - Zoologists illogically love to read astrology.



Resources

- If these exercises are difficult to follow, refer to these videos for clarification:
- <http://www.nationaltheatre.org.uk/video/vocal-warm-up-1-breathing>
- <http://www.nationaltheatre.org.uk/video/vocal-warm-up-2-resonance>
- <http://www.nationaltheatre.org.uk/video/vocal-warm-up-3-%E2%80%93-opening-up-the-voice>
- <http://www.nationaltheatre.org.uk/video/vocal-warm-up-4-articulation>