

VOCAL EXERCISES RECORD OF ACTIVITY

Date	Title	Area of Development	Describe	Evaluate
30 October 2018	Trampoline breath	Engages diaphragm and increases breath capacity P1 m1	Trampoline breath is when you lie down on your back with your knees kind of up and you hold your belly and make sharp inhales and exhales which help to engage your diaphragm. Each movement incorporates the same basic decompressive breathing pattern in which you inhale and expand your ribcage up and out to the sides of your chest. You then focus on keeping the rib cage expanded while you exhale—using your stomach muscles to expel the air out of your lungs. In order to engage the diaphragm for singing, breathe deeply into the body, feeling a downward sensation in the stomach while also an outward expansion around and the lower parts of the ribcage. Its best if you breathe in through your nose, as this will help keep your vocal cords from getting	I think that this exercise was very helpful as it allowed me to access my diaphragm, and push all of my sound from there. This means that it is more sustained and a better quality of sound. In order for this exercise to have a sufficient impact I need to use it more regularly, in addition to before big performances. This will enable me to use this skill regularly rather than having to warm up in order to access it. I do find this exercise very helpful, as it enables me to access my diaphragm freely and without using my throat to project. In order to ensure that I am fully exploiting this exercise I need to use it more regularly,

P1
m1

D1

			dry. It's important to do this exercise because it is better support when singing when you have engaged your diaphragm- it also allows you to increase your breath capacity and your lung making you able to sing a note for a longer period of time P1/M1	and make sure to get into the correct breathing pattern, after taking part in this exercise. I used this exercise before our performance of Loose Lips, however I did it standing up, and I felt that this helped me to push all of the sound out of me, from my diaphragm, thus creating a better quality of sound. D1
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Date	Title	Area of Development	Describe	Evaluate
17 October 2018	Removing tension	Tension release P1	There are multiple different techniques/exercises you can use to relieve tension. A method that we have used in diploma is when you link your arms behind your back, loosely by your thumbs, and then breathe out. As you take the breath in, stretch your arms behind your back and breathe comfortably in that position. Another way of relieving tension in your shoulders, neck and face is to rotate your head from forward to back, but as you tilt make ensure to open your M1	Releasing tension is very important because it can hinder your performance. For example if you have tension in your neck then you are forced to sing from your throat, which can strain it and in the long term you won't be able to sing from there. I find this exercise very helpful, with regard to being able to release tension, however I find that my tension builds very quickly, especially when taking

			<p>mouth, otherwise it creates tension in your face.</p> <p style="text-align: right;">PI/M</p>	<p>part in a performance. In order to stop this from happening I need to pair this exercise with breathing exercises, in order to keep my heart rate down, and myself focused and in character.</p> <p style="text-align: right;">D</p>
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Date	Title	Area of Development	Describe	Evaluate
20 September 2018	Seaweed	<p>Relaxation, breathing and vocal range.</p> <p style="text-align: right;">PI</p>	<p>Pair up with someone and label yourselves A and B. Person A must close their eyes and pretend that we they are seaweed moving with the sea free and calm. B will begin to touch a different point of A's body and A has to move that element of their body, gradually adding an open noise in a siren. Then swapped roles and the other partner was the seaweed. Once you finish you should feel very relaxed and loose.</p> <p>This exercise helps your body to relax and calms your brain. It is important to relax your body and mind so it is easier for you to work. Your chest will feel looser and you will be able to breathe deeper, in through your nose and out</p> <p style="text-align: right;">M</p>	<p>I feel that this exercise is very useful as long as you are fully submerged in it. When we were doing this exercise I struggled due to the fact that there were a lot of other people in the room, and I found it very difficult to centre myself, and block out the noise of which others were making, which did not help me to relax. I personally use this exercise very regularly, especially when I am by myself, in order to ensure that I am relaxed, and have a clear mind- thus allowing me to get a sufficient amount of</p> <p style="text-align: right;">A</p>

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			<p>through your mouth (cleanest way to breath).</p> <p>In addition to this, this particular exercise also warms up your voice with the sirens. It helps open your throat and warms up your vocal chords and puts your larynx in the correct place for singing. As well as this, it can also help to improve your range as in a siren you are having to go from your chest voice to head voice, so for some it will help smoothen the switch and break in the voice.</p> <p style="text-align: right;">m i</p>	<p>quality work completed. In order to improve further I need to work on shutting people out when taking part in this exercise, and I will attempt to do this by using the skill of centring my mind and body, and remaining focused on the task.</p> <p style="text-align: right;">D i</p>
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Date	Title	Area of Development	Describe	Evaluate
2 nd October 2018	Grounded drums	Centring	<p>In class we used the 'parting the wild horse mane' which where you lunge forward putting one arm out. We repeated this four times the changed direction to complete a circle. We then did the same but lunged on the other leg and used the other arm.</p> <p style="text-align: right;">D i</p>	<p>I found this exercise very helpful, as it allowed me to connect sound with movement, and have one leg fully grounded to the floor, and the other was the direction of which I needed to centre my energy.</p> <p>I personally do not use this skill very regularly as I do not think</p>

				<p>it benefited me that greatly, however I did enjoy taking part in this exercise, thus increasing my moral and encouraging me to get a large amount of high quality work completed. if I were to take part in this again I might substitute the movement for breathing, or put them both together in order for me to access all parts of my body.</p>
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Date	Title	Area of Development	Describe	Evaluate
<p>2 October 2018</p>	<p>Tai chi</p>	<p>breath control</p>	<p>'Tai chi' literally means in fours. This is because very movement made occurs four times. The most basic movement would be to rise and sink. Rise is when you breathe in and your whole body lifts up. Sinking is when you exhale and your body deflates.</p>	<p>This would help your body and your breathing come in sync so that you are conscious of what your body is doing in relation to your breath control. I personally did not think that I was very good at this exercise, as I did not feel any physical change in my breath control, even after doing the exercise more than once. Breath control is a skill of which I need to work</p>

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				<p>on, and I will use breathing through a straw, as I feel that this has more impact for me personally.</p>
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D1

Date	Title	Area of Development	Describe	Evaluate
<p>17 September 2018</p>	<p>The Alexander Technique</p>	<p>Posture</p>	<p>The Alexander technique improves posture and movement, which is believed to help reduce and prevent problems caused by unhelpful habits and relieves tension from your body. There are many different exercises, one of the exercises is to stand up: Firstly start by releasing tension in your neck by rolling your head forward and then relaxing your spine down into the a chair, Slide your feet closer to your body, Hinge forward using your hip joints, gently put pressure into your entire foot and push off of the floor Stand slowly, without any added tension in the spine or neck</p>	<p>Personally I don't not think that I am very good at this skill due to the fact that my shoulders often rise when I am singing, and I often have a sway back, meaning that I do not keep my spine straight. The Alexander technique helps me to improve upon this particular area because it constantly reminds me to straighten up, and fix my posture. This exercise also helped me to concentrate on specific things such as lowering my shoulders.</p>

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		<p>Repeat this continuously every day to relax your spine and in turn this will improve your posture as your spine is relaxed and is used to working probably.</p>	
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Date	Title	Area of Development	Describe	Evaluate
17 September 2018	Resonance areas	<p>head, chest, throat, nose, and bottom of ribs</p>	<p>To exercise and warm up the four main resonance areas you sing either ma, me, may, mo or moo, each for a specific area. For head you sing and hold me, placing your hands at the top of your head and pushing down slightly to feel the vibrations. for your throat you sing may, here you are able to feel the vibrations without touching your throat but carry on following through the same note until you're ready for another breath, also slightly rise the pitch. To feel your chest resonance you say the word ma with a slightly lower pitch, here you can feel the vibrations if you place your hand on your chest. For nose you say and hold the word moo, here you can feel the vibrations in your nose</p>	<p>I found this exercise very helpful, as it allows me to access all of my resonance areas, however I often struggle to switch through them when performing, and without being able to sing and feel he vibrations. Resonance is a skill of which I need to improve upon (specifically speaking from my chest resonance and changing between them), and this exercise allows me to develop this skill. In order to improve more I will use this exercise more regularly, so that it becomes more natural o speak</p>

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			<p>but also if you hold your nose when holding the note it is a more obvious feeling. Resonance areas help with breath placement and if you are talking or sinning in the wrong area it allows you to identify if you are nasal when signing or if you're using your throat resonance instead of chest for projection.</p> <p style="text-align: right;">D1</p>	<p>in differing resonance areas, and I won't have to practice before going on stage. Before our Loose Lips performance I was backstage, practicing changing between my resonance areas, which was good as it allowed me to access them whilst performing, however I want this skill to become second nature, of which it will the more I practice it.</p> <p style="text-align: right;">D1</p>
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Date	Title	Area of Development	Describe	Evaluate
27 September 2018	Diaphragmatic Breathing	Engaging the diaphragm P m	We started off by gently coughing to engage the diaphragm and to understand what it feels like when the diaphragm is being used. We then took a couple of deep breaths, in through the nose for 4 counts, held for 4 counts, out through the mouth for 4 counts. After repeating this a couple of times we places our hands over our diaphragm to make sure we could feel the inhaling and exhaling and having our hand there also acted as	I did not find this exercise particular helpful as I feel that exercises such as trampoline breath help me more, however I felt that I did feel that I could project from there, just not quite as quickly as I do with trampoline breath. In order to ensure that this exercise is more effective I need to use it more. I feel that it did have an

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			<p>resistance for the diaphragm to push against, making it work. We then had to imagine a rubber ring around our waist that we could push away from outside or body as we inhaled, which allowed us to make the breaths deeper and more dynamic. We repeated this several times to make sure the diaphragm was properly engaged. Repeating this exercise frequently over a longer period of time will make engaging the diaphragm quicker and easier. P1</p>	<p>impact, however with trampoline breath it allowed me to physically feel the impact, whereas I had to work a lot harder for this exercise to work. D1</p>
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Date	Title	Area of Development	Describe	Evaluate
24 September 2018	Sound relaxation	To relax the lips	<p>Make a siren noise with the sound 'eee' and 'ooo', really extending your mouth and over enunciating the sound. Then stretch face, opening the mouth as wide as possible then going into a really tight, screwed up face, like you've had a sour raspberry. Next, we had to do tongue trills, and if you can't do this you do horse lips. This releases tension from the tongue, which allows the larynx to move more easily. P1</p>	<p>I found this exercises very helpful because not only did it help with sound relaxation, I also felt that my range felt looser as we were practicing that, and my articulation was better as we were engaging the lips. I have used this exercise multiple times, especially before performances, and I feel that it</p>

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			<p>allowed my speech to be clearer, and the quality of sound was improved, due to the fact that I was engaging all of my mouth.</p> <p style="text-align: right;">D I</p>
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Date	Title	Area of Development	Describe	Evaluate
24 September 2018	Conditioning	relaxing the throat and face	<p>To relax the throat we did a large yawn- this opens the airways allowing you to have better breath control and allow to produce sound- pay attention to the stretching feeling as this means you are doing it right and opening the airways. You want the whole face to be relaxed so to relax your face you need to do mouse/ muppet so one small face and one big face this also allows your throat to really open up the muscles in the face.</p> <p style="text-align: right;">P I</p>	<p>I personally always have quite a tense neck/jaw area so the yawn did help me, however I did it with my head tilted back as I feel that this releases more tension.</p> <p>I need to use this exercise more regularly because when my neck is tight or tense my voice suffers, as I have to speak from the throat.</p> <p>To ensure that this doesn't happen I will add this to my stretch routine in the morning, that ensure my body is relaxed, loose and ready to work.</p> <p style="text-align: right;">D I</p>