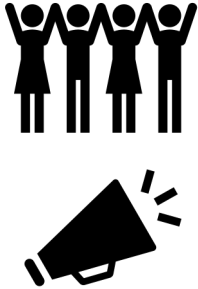
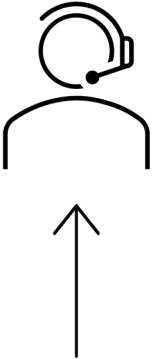
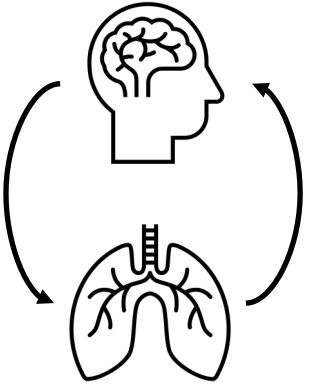
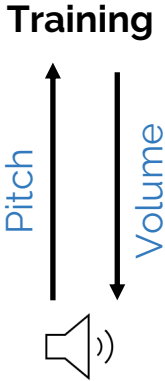


## Why does strain happen?



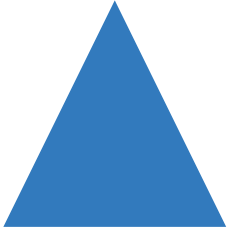
Volume control  
↓  
Active control

Using your chest voice in your head voice range

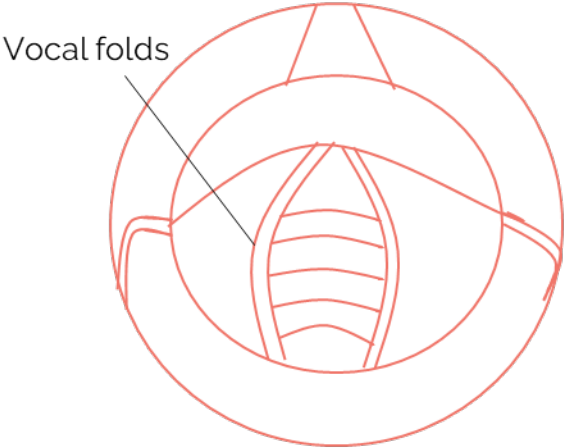
If it feels high, don't try to sing it like you would speak it!

Being unaware of your environment

## What are the vocal cords/folds?

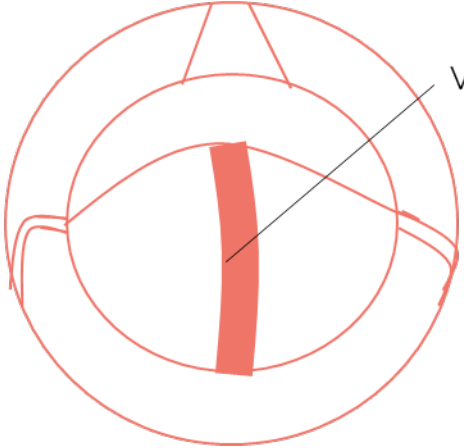


Triangular tissue that sits at the top of your windpipe



Open

Vocal folds open whilst you breathe



Close

Vocal folds close when you speak and sing

Tighter



Looser

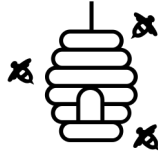


Vocal folds get tighter for higher notes and looser for lower notes

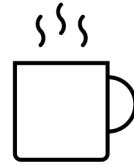
## Physical care for your voice



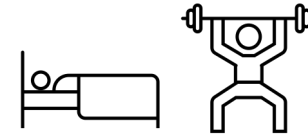
Gargling  
warm salt  
water



Honey



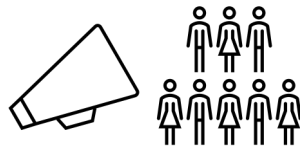
Steam



Rest



Keep  
warm!



Be aware of  
your  
environment



Always  
warm up  
to speak



Your voice  
will give you  
warning  
signs

## **Warming up and cooling down**

### How can we warm up?

1. Count to 10 out loud in your normal speaking voice
2. Get moving! Roll your shoulders backwards and forwards
3. Breathe!
4. Breathe in and let out a sustained note
5. Massage your face and loosen your jaw
6. Yawn and descend notes that are comfortable in your range
7. Lip trills and/or tongue trills
8. Using the 'NG' sound from the word 'song' at a few different pitches
9. Count to 10 again- Does your voice feel clearer?

### How can we cool down?

1. Sighing and descend notes that are comfortable in your range
2. Yawning raising your soft palate
3. Counting 1-20 in a soft voice
4. Hydrating
5. Gentle lip trills

## How do I project my voice without straining?

### Learning how to breathe from the diaphragm



1. Standing tall
2. Placing hands on your upper stomach
3. Letting your stomach expand when you breathe in
4. Making this a habit before you speak

### Preparing your body



1. A loud noise can't come from an unprepared body
2. Engage your body and stand wide and tall with an open chest
3. Don't be ridged be fluid like a tennis player
4. Breathe! You don't need a big breath

### Understanding where your voice comes from



1. Engaging your core
2. Knowing your range
3. Using your breath to support any noise you produce

### Knowing where you want your sound to travel



1. Aiming for the end place of travel helps you to control your volume
2. Don't be louder than you need to be!