

Week Two Homework Assignments

Review the exercises from last week

Warm-up

- Make sure you stretch your arms, bend toward your toes, roll your shoulders, and rotate your neck

Exercise - Straw

- Slowly speak a word like “ice cream” and turn that into a note
- Sing that single tone using ‘oooo’
- Sing through the straw with one end in water,
 - Keep the bubbles at a constant height.
- We are developing a consistent, controlled breath for vocalization.

Exercise - Straw

- Voice “sirens” through straw in liquid
 - Imitate a police siren going from the lowest of your vocal range to the highest and back down again
 - Keep the bubbles at a constant height.
- Continue the exercise by starting your ups and downs on different pitches without changing bubbles.
- This helps warm up your voice without strain

Exercise

- Without the water, use your straw to exhale for the count of four, then inhale for a count of four.
- Repeat as many times as you are comfortable
- If you feel short of breath pause the activity and continue when you feel ready
- This is a low impact exercise to strengthen your core breathing muscles

Exercise

- Using a good singer’s posture, exhale completely
- Then relaxing your abdominal muscles (front and side) take a breath for four counts
 - Insure that your upper chest and shoulders do not move
- Concentrate of relaxing and opening the area at the back of your throat
- Exhale for a count of four keeping that open sensation
- Repeat at least three times

Exercise (IF YOU ARE PHYSICALLY ABLE)

- Lie down on a flat surface (bed, floor, bench)
- Place a book (or other flat, solid object) on your stomach
- With your hands on either side of your sternum, take a deep singer’s breath
 - All the movement should be below your hands
 - Do not engage upper chest or shoulders
- Raise the book as much as is possible
- Exhale while making a “ssssss” sound (like a snake)
 - Try to keep the book from lowering for as long as possible
- Repeat at least three times.

Exercise - Pitch

- Using TE Tuner app
 - pick a single note from your song sheet for HAPPY BIRTHDAY
 - Play it on your tuner (with ear buds), pitch pipe or keyboard.
 - sing it on 'ah'
 - try to match the pitch using the tuner to check your accuracy.
 - Pick another note within HAPPY BIRTHDAY and repeat the exercise.
- When you feel reasonably comfortable matching a note
 - Play the note again
 - Listen intently to the note without singing
 - Stop playing the note
 - Try to match it from memory
 - While continuing to sing, play the note again to see how closely you match.
 - If necessary, adjust your pitch and play the note again.
 - This may seem frustrating, it's okay. You are learning a skill that will not be developed in one week.

Exercise - Pitch

- Hopefully you have attempted the exercise to say a word slowly within your speaking range and turn it into a pitch (your ice cream note)
 - Repeat the word slowly three times in succession and hold the last note
 - Using your TE Tuner identify the name of that note.
 - Play the note and match it to insure you are comfortable with this matching exercise

Exercise

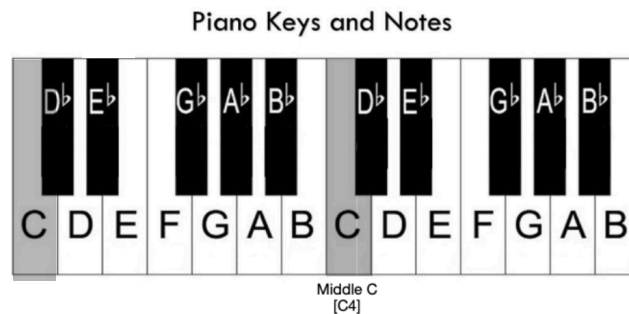
- Using that note, sing the word "*sung*", holding the 'ng' then resolve to 'ah'.
 - You are singing a slow "sung-ah"
- Try to feel the buzz and tingle around your nose and eyes when singing 'ng'
 - Similar to that felt when singing through the straw
- Try to keep that feeling when you transition to 'ah'.
- Repeat the exercise, but from the initial 'ah' (hopefully with the slight buzzy feeling) move to 'ooo' and then to 'eeee'
 - Try very hard to have the 'ooo' and 'eee' maintain that buzz feeling

Exercise - Vocal Placement

- Place your straw across your mouth
- Gently bite on straw. (or pencil)
 - Insure there is no tension in your jaw or cheeks.
- Sing 'ah' on your identified spoken note
 - Imagining singing the 'ah' under the straw
 - Then over the straw.
 - Notice the constricting feel of imagining singing under the straw and the relatively free feel singing above.
 - It is this 'over the straw' lack of tension, created by singing with vibration in the roof of the mouth and nose / eye area that will free up your best singing voice.

Exercise

- Being able to sing an octave (the same named note, like a 'C', 8 whole notes apart)
- They have different pitches but when played together they sound alike



- Using a keyboard or your TE Tuner, play the note you discovered talking slowly (your ice cream note) and match it.
- Then play the note eight notes above it as shown above or by changing the octave number (+ or -) on your tuner. Match this higher note.
- Continue to pick notes to match and then attempt to match the octave both above and below
- This is an important skill that allows you to sing along with music that is either higher or lower than is comfortable for your voice range.

Exercise

- Having attempted to match the notes of HAPPY BIRTHDAY and experimenting with placing your singing resonance the roof of your mouth, nose and lips, sing along with the audio of HAPPY BIRTHDAY [found in the Exercise/Audio portion of this site.
- NOTE: Men you may have to sing along an octave lower

Just For Fun

- If you feel up to it, look at I'VE BEEN WORKIN' ON THE RAILROAD and SHE'LL BE COMIN' ROUND THE MOUNTAIN from the "Sing Alongs" song list on this site and try to match the pitch
 - Listen very carefully to the notes being sung several times without singing along.
 - Then try your best to match those notes with your voice as you sing along
 - You may have to start an octave higher or lower to be in your vocal range
 - We will sing these, for fun, in our next class.

2/20/2025