



Acting 1 & 2 (Introductory Acting)

Creating Warm-ups

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Learning Objective:

The student will explore warm-ups for the actor's vocal instrument, articulation.

Bell Ringer:

Have you ever "misheard" someone because they did not speak clearly?

Have you ever been accused of not speaking clearly?

What are some letters that are difficult to hear?

Lesson Steps:

In this lesson, several exercises will be presented to help you with articulation.

The air that supplies you with essential oxygen as you breathe also carries the sound of your voice. You inhale air through your nose or mouth, down your windpipe, or trachea, and into your lungs. When you exhale, air moves up your trachea to our "voicebox," or larynx, which contains your vocal folds. When air moves through your vocal folds, they vibrate. Those vibrations are heard as sound. When you speak or sing up affect the sound by making constant adjustments to the shape of your vocal folds and the speed of the exhaled air.

The sound is further shaped in your mouth and throat. Vowels are open, sustained sounds. They make your voice audible, able to be heard. They are formed by resonators – the hard and soft palates, throat, and sinuses. The openness and flexibility of your resonators affect your voice's resonance, a quality caused by vibration. Resonance enriches vocal tone.

Consonants are stopped or shaped sounds. They are formed by the articulators – your jaw, lips, tongue, teeth, and soft palate. Your skill at using both consonants and vowels affects your articulation, the clear and precise pronunciation of words.

Practice:

VOWEL EXERCISES

1. Stand or sit upright, with proper posture. Inhale and drop your jaw as far as you can. As you exhale, vocalize a prolonged *aaahh*. The sound should be placed low and in the back of your throat, and you should feel vibrations from the sound. Place one hand on your throat and the other on your chest to feel the resonance there.
2. Repeat the aforementioned exercise using the vowel sounds in *make*, *deep*, *go*, *room*, and *join*. The sounds in *make* and *deep* are placed toward the front of our mouth; you may feel the vibration in your teeth and face. The sounds in *go* and *room* are placed midway between the front of your mouth and back of our throat. The vowel sound in *join* is called a diphthong, which means it's made up of two vowel sounds. It begins with an *oh* and ends with an *ee*. The back of your throat and the front of your mouth are both used to make this sound.
3. Vocalize the following syllables. Do the first group with a bouncing, laughing pattern.
 - a. He he he he
 - b. Ho ho ho ho
 - c. Ha ha ha ha
 - d. Hi hi hi hi
 - e. Hoo hoo hoo hoo
 - f. Me me me me
 - g. Mo mo mo mo
 - h. Moo moo moo moo

CONSONANT EXERCISES

1. Tongue twisters can help you master consonant sounds. Practice reading these aloud in a firm voice. They try reading them faster and faster, still articulating them CLEARLY!!!
 - a. The big black bug bled bad blood on the barn floor.
 - b. Burnt toast, toy boats.
 - c. Aluminum, linoleum, chrysanthemum, geranium.
 - d. The sick sixth sheik's sixth sheep's sick.
 - e. I can think of six thin things and of six thick things, too.
 - f. Are our oars oak?
 - g. Fat frogs fly past fast.
 - h. Give papa a cup of proper coffee in a copper coffee cup.
 - i. Listen to the local yokel yodel.
 - j. Which witch wished which wicked wish?

Repeat each 5 times.

This unit has presented many warmup exercises for both the body and the voice. Decide which ones worked the best for you. Many times, a cast will participate in warm-ups together, but you may also be expected to warm up on your own. Always make sure you have allotted ten to fifteen minutes for warm-ups prior to your performance.