

## Vocal Loudness Exercises

1. Take a deep breath and say “AH” in a loud voice.

Try projecting your voice across the room.

Hold “AH” for as long as you can.

Repeat \_\_\_\_\_ times.

2. Glide up and down the musical scales on “AH” or “OOO”.

Listen for changes in your pitch.

If it is easier sing the notes using “LA, LA, LA.....”

or “Do Re Me Fa So La Te Do”.

Take a deep breath before starting and sing in a loud voice.

Repeat \_\_\_\_\_ times.

3. Count 1-10 in a loud voice. Pause for a breath as needed to keep your voice loud.

**1 2 3 4 5 6 7 8 9 10**

Repeat \_\_\_\_\_ times.

Try breathing (\*\*\*) at different points as you count.

**1 2 3 4 5 \*\*\* 6 7 8 9 10**

**1 2 3 \*\*\* 4 5 6 \*\*\* 7 8 9 10**

**1 2 \*\*\* 3 4 \*\*\* 5 6 \*\*\* 7 8 \*\*\* 9 10**

**1 2 \*\*\* 3 4 5 \*\*\* 6 7 8 9 10**

4. Say the following numbers, letters and words. Start in a soft voice and gradually increase to a very loud voice. Then repeat going from a loud to a soft voice.

**1 2 3 4 5**

**10 9 8 7 6**

**A B C D E**

**U V W X Y Z**

Name the days of the week (**Monday, Tuesday, Wednesday, . . .**)

Name the months of the year (**January, February, March, April, . . .**)

*Continued*

5. Practice these phrases in a loud, expressive voice:

**“Shut the door.”**

**“I want that.”**

**“Pass the food, please.”**

**“Answer the phone.”**

**“How are you?”**

**“I’m fine, thanks.”**

**“I love you.”**

**“Who is this?”**

**“I need help.”**

**“Please sit down.”**

**“No big deal.”**

**“I am leaving.”**

Say the word “BOOM” at the end of the phrase if your voice is fading.

For example: **“Shut the door BOOM.”**

6. Practice these sentences in a loud, strong voice. Use good breathing as indicated to enhance vocal strength.

(inhale) **“Did I take my medication yet?”** (exhale)

(inhale) **“I would love a cup of coffee.”** (exhale)

(inhale) **“Where are you going?”** (exhale)

(inhale) **“I need to go to the bathroom.”** (exhale)

(inhale) **“It’s a beautiful day.”** (exhale)

(inhale) **“It’s good to see you.”** (exhale)

(inhale) **“How are you today?”** (exhale)

(inhale) **“I went to the doctor last week.”** (exhale)

(inhale) **“Where is the remote control?”** (exhale)

(inhale) **“Would you like to go out to eat?”** (exhale)

7. Practice singing a familiar or favorite song. Use a loud voice and pay attention to your breathing.