



Voice for Teachers

Presents

# 5 Voice Saving Exercises for Teachers

# Introduction

Congratulations, on taking the first step to making your voice stronger and more resilient. This will assist you to protect and project your voice making classroom teaching easier.

The exercises enclosed are used by actors to strengthen their voices for the stage - but is there a more important stage than your classroom?

Doing the exercises on this list will strengthen your voice so you no longer deal with vocal strain and pain. You will be easier to listen to and in less discomfort.

I know you will benefit from these exercises and I know that this will help you in your teaching journey.

*Natalie Blank*

# Exercises

- **Placement of Breath**  
Become aware of where in your body you are pushing the breath. Bring it into the lower ribs and allow your diaphragm to do most of the work. To begin your day, focus on your breathing. Bring this awareness in during the day especially if you need help to calm down.
- **Sighs – Hums**  
Start to warm your voice by sighing. Gently at first but working slowly towards a sound with more control. Continue until you are going into a controlled hum. Be sure to use the “h” sound at the beginning.
- **Finger in the mouth talk.**  
Put the tip of your finger in mouth just enough to separate your front teeth—and speak or read a piece of prose.
- **Exaggerated Expression**  
Find something to read and exaggerate your expression levels to the highest you possibly can. If you feel stupid, you are probably almost getting it right!
- **Do not use numbing agents (lozenges, throat sprays) and then continue talking.**

Bonus Tip - There are more exercises you can do to strengthen your voice - these are included in the Voice for Teachers Course at [www.voiceforteachers.com.au/home](http://www.voiceforteachers.com.au/home)