

## RELAXED BODY, CLEAR VOICE

In this video, JJ leads us through physical and vocal warmups that help us have stronger, clearer voices. Being able to change our volume and pitch adds expression to our words so that people understand us better.

Special Note to Parents and Caregivers: This fun video, led by an artist educator with significant experience acting in plays, focuses on the voice, but the entire body will get involved along the way, as you will see. To change things up, try doing the movements with your child sitting down if you typically stand, or standing if you typically do them in a chair. The more animated and even silly you can be during this exercise, the more you may find that your child engages and joins in with you. A relaxed, happy brain is more receptive to absorbing new information. Plus, the Three Echo Name Game is a type of call-and-response activity that tends to boost serotonin levels – one of the so-called “feel-good” hormones” – by unifying you and your child (or all participants in a larger group) in a shared vocal exchange.

## PREPARATION

### Body Parts // Student Handout

Before you begin the video, take a few minutes to color and identify the body parts that JJ will talk about in these vocal warmups.

- Jaws
- Face
- Forehead
- Throat
- Stomach
- Diaphragm

### Let's Get Loose

Try some of these relaxing movements, either standing or seated:

- Shift your hips side to side.
- Twist your neck and torso side-to-side to look over your shoulders.
- Reach your arm up over your head to stretch your armpits.
- Are there any other movements that students find relaxing? Try them together.

## FOLLOW UP

### Three Echo Name Game

Each person takes a turn saying their name three times. They can say their name the same way each time or differently each time.

For example, the first time might be softly, almost at a whisper. The next might be with a low, growly voice. The third repetition might be fast and loud. Each time, the group repeats it back, like an echo.