

# Straw Phonation

EXERCISES TO STRENGTHEN YOUR VOICE  
USING A STRAW

## 1 BREATH CIRCUIT NOT IN THE WATER (REPEAT 3X)

- 4 BURSTS, 2 SUSTAINED X4
- 2 BURSTS, 1 SUSTAINED X4
- 1 SUSTAINED, 2 BURSTS X4

## 2 VOICE/UNVOICED CIRCUIT IN OR OUT THE WATER (REPEAT 3X)

- 4 UNVOICED, 4 VOICED X4
- 3 UNVOICED, 3 VOICED X4
- 1 UNVOICED, 2 VOICED X4

## 3 SLIDING UP AND DOWN YOUR RANGE USING SMALL STEPS IN THE WATER. NO FORM TO THIS, JUST PLAY AROUND WITH DIFFERENT RANGES AND SPEEDS. CREATE "HILLS AND PEAKS" WITH YOUR RANGE TO EXPLORE DIFFERENT REGISTERS AND THE AIR FLOW EACH ONE REQUIRES

## 4 SUSTAIN ONE SINGLE NOTE IN THE WATER, ATTEMPTING TO KEEP THE BUBBLES AND AIRFLOW CONSISTENT, WHILST ALSO MAKING SURE THAT NO AIR IS COMING OUT OF YOUR NOSE. EXPLORE THIS WITH THE STRAW SUSPENDED AT DIFFERENT POINTS IN THE WATER. (CAN ALSO BE DONE OUT OF WATER)

TRY WITH A MID TONE, A LOW TONE AND THEN A HIGH TONE

## 5 HUM THROUGH A SONG, FIRST TRYING THE STRAW IN THE WATER TO FOCUS ON RELAXING THE VOCAL FOLDS AND THEN OUT OF THE WATER TO FOCUS ON BREATH CONTROL.

SING THE SONG THROUGH WITHOUT THE STRAW AND NOTICE THE DIFFERENCE IN EASE OF PHONATION.

*Do this daily to strengthen those vocal folds*