

How to Sing: Part 2

Vocal exercises to build awareness, flexibility, control & expression.

01



Experiment With Your Voice

RESONANCE & AWARENESS

Make all the funny sounds you can think of. Then try: a squeaky cat meow; a high and low owl hoot; a crying baby's "waa waa"; a Minnie Mouse voice, then sing a song in it; a big Santa "HO HO HO"; and speaking on a big yawn. Keep the sound coming from your belly, not your throat.

This exercise helps you become aware of what your voice is capable of, starts strengthening muscle structures in your vocal tract, and makes you very aware of different resonant sounds in your face and mouth — which you need for good singing!

02



Vowel Slides & Scales

JAW & TONGUE RELEASE

Do slides and scales on the five main vowels — ah, eh, ee, oh, oo — and try 'er' and 'aw' too. Keep your tongue relaxed and down, with the tip touching the back of your lower front teeth. Let your jaw relax and drop so your mouth stays slightly open, without tension.

This exercise builds awareness of tension in your jaw, tongue, throat, and neck. It improves muscle balance and smooths the airflow, helping riffs and runs come more easily.

03



Dynamics: Quiet to Loud

BREATH CONTROL & TONE

On every vowel from Point 2, sing one note very quietly, then get louder, then soften again. Do this on every vowel and every note you can reach. Go slow and steady — each sound should last about four seconds.

This exercise builds breath control, vocal strength, dynamics, and tone purity — and helps with emotion and storytelling in your singing.

04



Siren Slides on 'Ah'

RESONANCE & RANGE

Stick your tongue all the way out and down, scrunch your nose, and lift your cheeks. Make a bright "A" as in apple, then slide from the middle of your range all the way up into head voice and back down to your lowest notes. Keep the tongue out and your head still throughout.

This exercise releases tongue tension, places resonance in the right spot (your face), smooths the break between head and chest voice, and brightens your tone.

05



Diction & Articulation

ARTISTIC CHOICE

Sing a song and over-articulate the consonants, or go over the top with your pronunciation. Notice how different it feels from your usual singing — have you been singing a little lazily? Think about whether your audience needs to understand every word, or whether some mumbling is fine. There's no right or wrong; it's your art, and choice is the point.

This exercise strengthens your relationship between the articulators (tongue tip, teeth, lips), the breath, and your storytelling — and helps you make stronger choices as an artist.

06



Active Listening

MUSICIANSHIP

Really listen to singers you like, without singing along. First analyse the voice alone: the tone, when and why they use dynamics, vibrato, phrasing, breath control, and vocal effects like sob, twang, creak, or growl. For bonus points, listen to the music too — identify every instrument you can hear and what it's doing. Find the beat and tap along.

This exercise builds your understanding of how melody and music relate — timing, pitch, phrasing, expression, harmony, and more.

GOLDEN RULE #2

*Treat the slower exercises like a meditation — stay present with how they feel.
Rushing means less progress.*