

Hello there – and welcome to Week 4! Our penultimate class!

Today we are going to be focusing on voice work; how we warm up and use our voices correctly so we don't damage this very precious tool and the how to use it so we can create interesting and realistic characters.

We started with a quick body stretch particularly focusing on the neck, shoulders and upper back so that these areas are warmed up ready to help us produce strong breath and voice.

You can follow what we did in this video;

<https://www.youtube.com/watch?v=GIDpURgnP84>

We then had a chat about why our voice is so important when it comes to acting? What do you think?

One thing that came up was that we, as actors, can use our voice to create characters. What ways could you change your voice to help create character? Maybe change the pitch (i.e. make it higher or lower) or the pace (i.e. slower or faster)? What else can you think of?

To be able to do this, actors need to have very good breath control. We next did some exercise to help this.

You can try these by following the link below;

<https://www.youtube.com/watch?v=NZPIYKZ7WJ8>

Another thing you need to have to change your voice is resonance – I explain what that is and do some exercise that you can follow along with at home here;

<https://www.youtube.com/watch?v=nn8VMAC4yng>

After completing the exercises stand or sit for a few moments and check in with your body, especially your breathing. You may feel like you can breath deeper or more fully? Maybe things feel more open? You might even feel like you have more control over your voice.

The group then performed the piece of writing that they had worked on from last week using the title 'On My Street'.

The using some of the things we had just experienced (changing resonance area or our pitch) we then thought about what we could change about our voice to change our work. Try this at home, thinking particularly about changing the pace, volume or pitch. How does this change the feelings behind the piece.

You could also think about things like articulation (how we pronounce words – hitting the consonants – t, d, p for example) and tone. What if you gave your voice a hard edge or harsh tone? What if you softened it, and made it loose and airy? How could this change the feel of the piece?

After working through this you could think about which way of using your voice was your favourite.

For next week ...

- Please can you go through everything we have written and created – even our early free writing- and highlight your favourite sections.
- Try to bring those different sections together to create a full monologue/poem/ short story etc. – you may need to write some linking sections...
- Ask yourself if you can see a theme? What sort of character is this?
- Please bring this along to next week when we will be working on it and performing them to the group and Adam!