

## HAPPY VOICES

- I. Lack of Tension Makes Your Voice Happy
  - A. Drop over like a rag doll, inhale slowly, exhale slowly, then come up rolling up one vertebrae at a time.
  
- II. Good Alignment Makes Your Voice Happy
  - A. Feet apart and parallel.  
Knees released and soft.  
Pelvis slightly rotated.  
Ribs lifted and expanded.  
Shoulder relaxed and head floating above it all.
  
- III. Excellent Breathing Skill Makes Your Voice Happy
  - A. Inhale and hiss for 10 counts. Then 15, 20 etc.
  - B. Inhale and sing "oo" for 10 counts, 15, 20 etc.
  
- IV. Warming Up Well Makes Your Voice Happy
  - A. Ng range stretcher 5 4 3 2 123454321
  - B. Stepwise movement using Vee to Ah  
321 3-21 432 4-32 543 5-43 55 44 22 1  
Vee Ah Vee Ah Vee Ah Ve e ee ee Ah
  - C. Octave jumps  
1 1 1 8 8 8 8 1 1 1 8 8 1  
Na na na na na na na na na na na na
  - D. Sing a little, sing a little, sing a little sing with me.  
5 5 5 5 4 4 4 4 3 3 3 3 1 5 1
  
- V. Singing With Joy Makes Your Voice Happy
  - A. Sing a tag of your choice.
    1. I Love to Sing 'Em from Classic Tags
  - B. Sing "Happy Together"