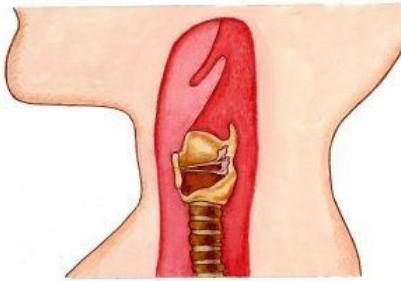


How does my voice know
how to sing?

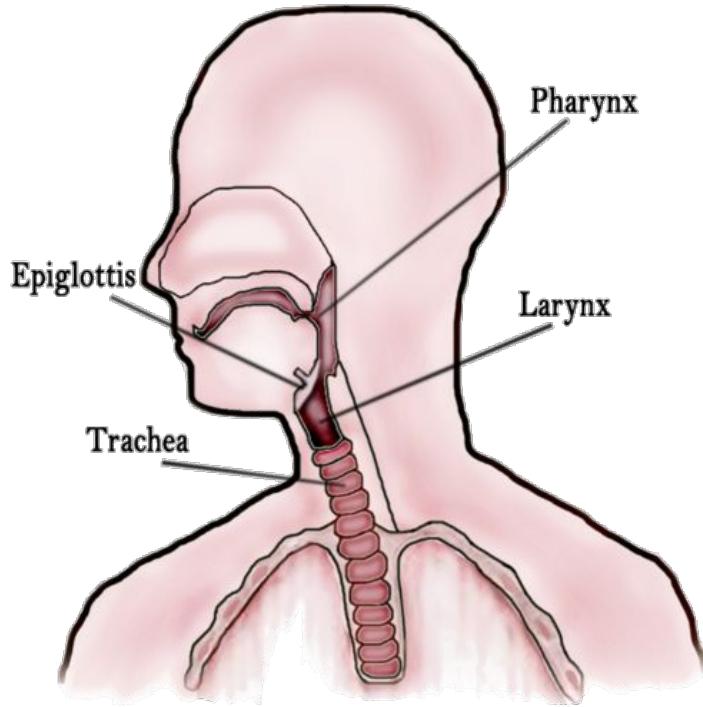


The voice is...
the sound produced in a
person's larynx and uttered
through the mouth, as
speech or song

...so what's a larynx?
Simply put, your larynx is
your voice box.



The scientific answer is...
A hollow muscular organ
that forms an air passage
to the lungs, and holds your
vocal cords in place.

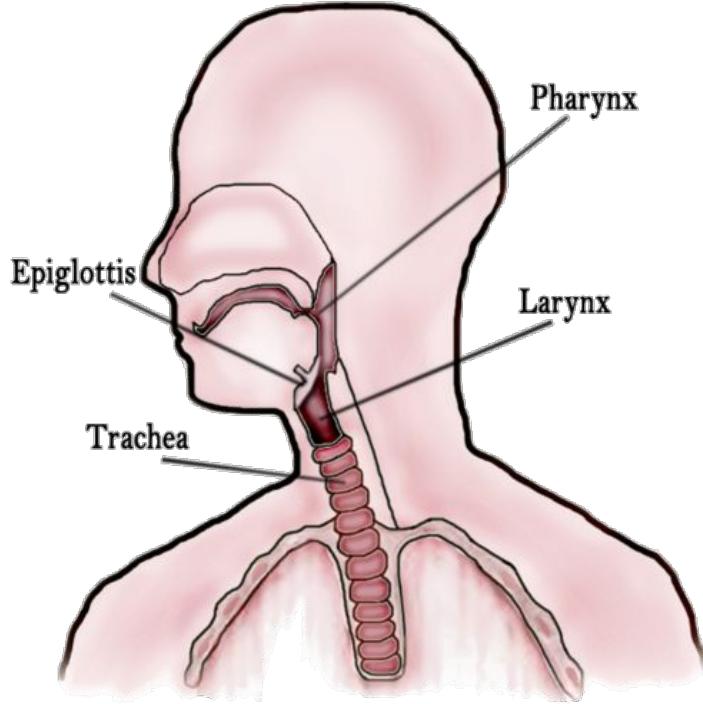


Some other voice-related organs are...

The pharynx helps you breathe. It passes air from your nose and mouth to your lungs.

The epiglottis keeps food and liquid from entering your vocal cords. It closes on top of your vocal cords when you swallow.

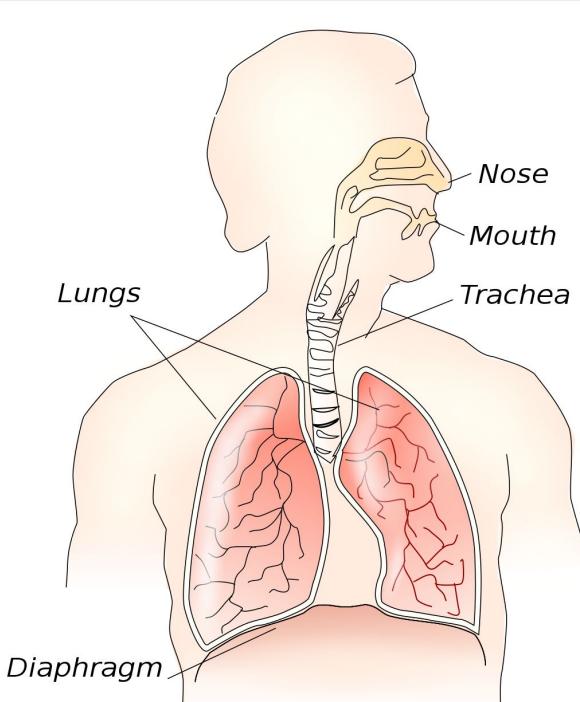
The trachea, or windpipe, connects your larynx to your lungs.



As singers, we need to take good care of our larynx. This organ is the most important.

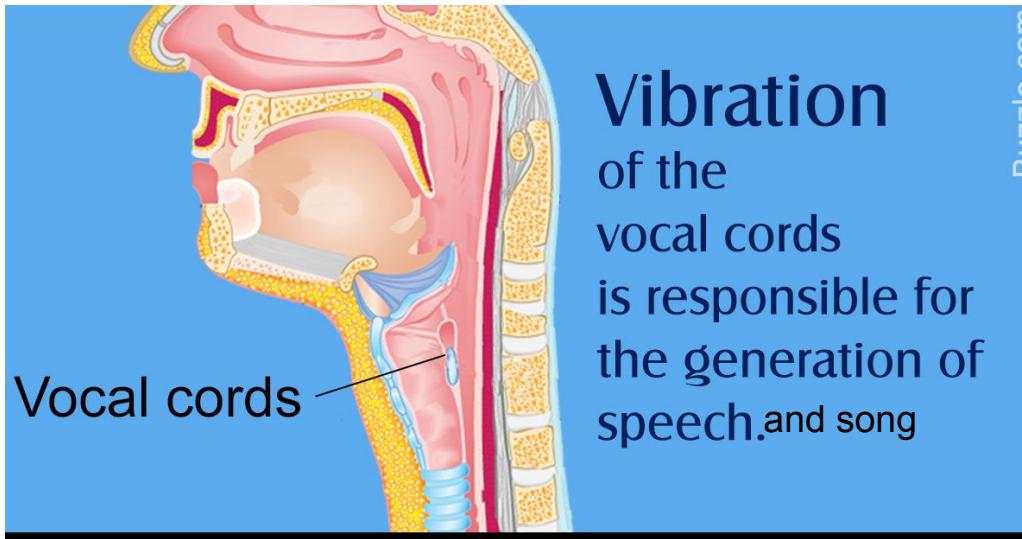
Avoid things like screaming and screeching...

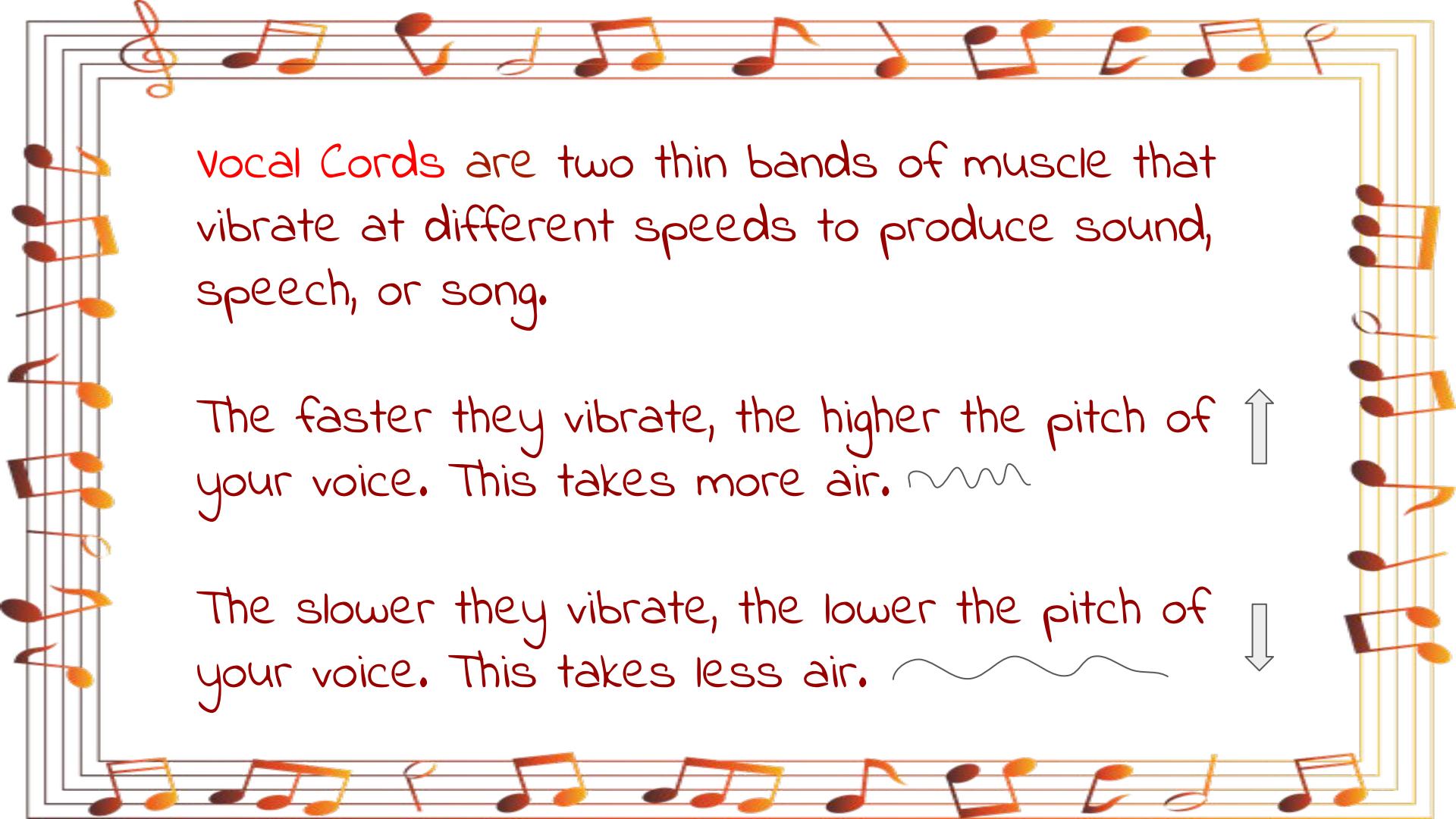
Drink plenty of water!
And of course, stretch before you sing.



The diaphragm helps to inflate and deflate your lungs. It is a large muscle that pushes air into your lungs when you inhale, and pushes air out of your lungs when you exhale.

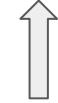
Now that we know which organs help us to sing,
let's discover the abilities of our vocal cords...



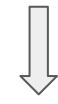


Vocal Cords are two thin bands of muscle that vibrate at different speeds to produce sound, speech, or song.

The faster they vibrate, the higher the pitch of your voice. This takes more air.



The slower they vibrate, the lower the pitch of your voice. This takes less air.



Vocal cords from above (looking down your throat)

Slow vibration
Less air



Low pitch ↓

Fast vibration
More air



High pitch ↑

The vocal cords stretch on high notes and relax on low notes

Like a rubberband!

Imagine a dog barking...



Big dog? Deep, low bark.



Medium dog? Middle range bark.



Little dog? High, airy bark.



Humans have a vocal range that can sound like all 3 dog sizes.



We call this chest voice, mix voice, and head voice.

IMPORTANT...

ALL HUMANS CHEST, MIX, AND
HEAD VOICE ARE DIFFERENT.



Let's figure out how to tell the
difference... have fun!



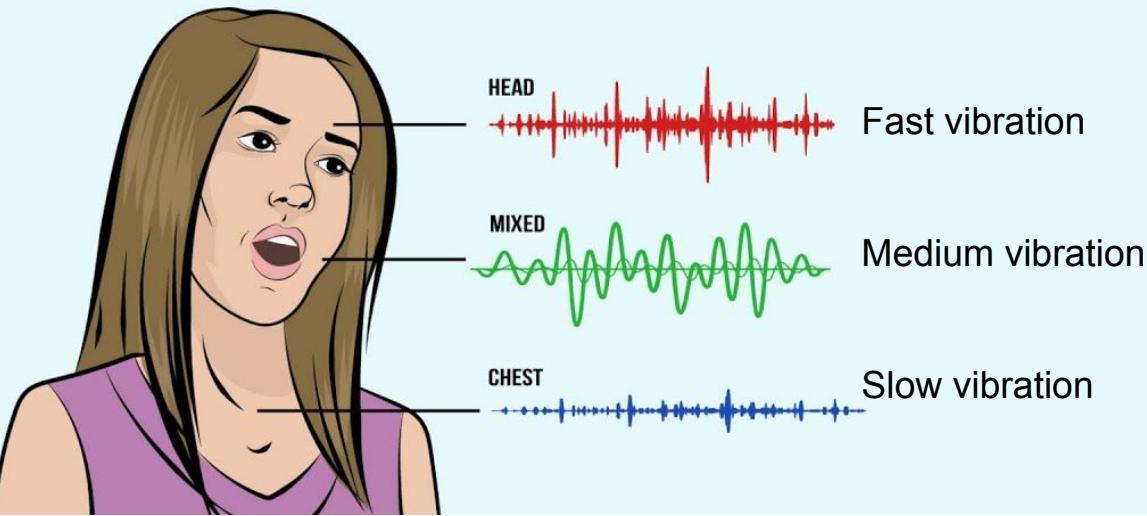
Let's review!

Humans have a vocal range that can sound like all 3 dog sizes.



we call this chest voice, mix voice, and head voice.

HEAD VOICE vs MIXED VOICE vs CHEST VOICE





Remember!

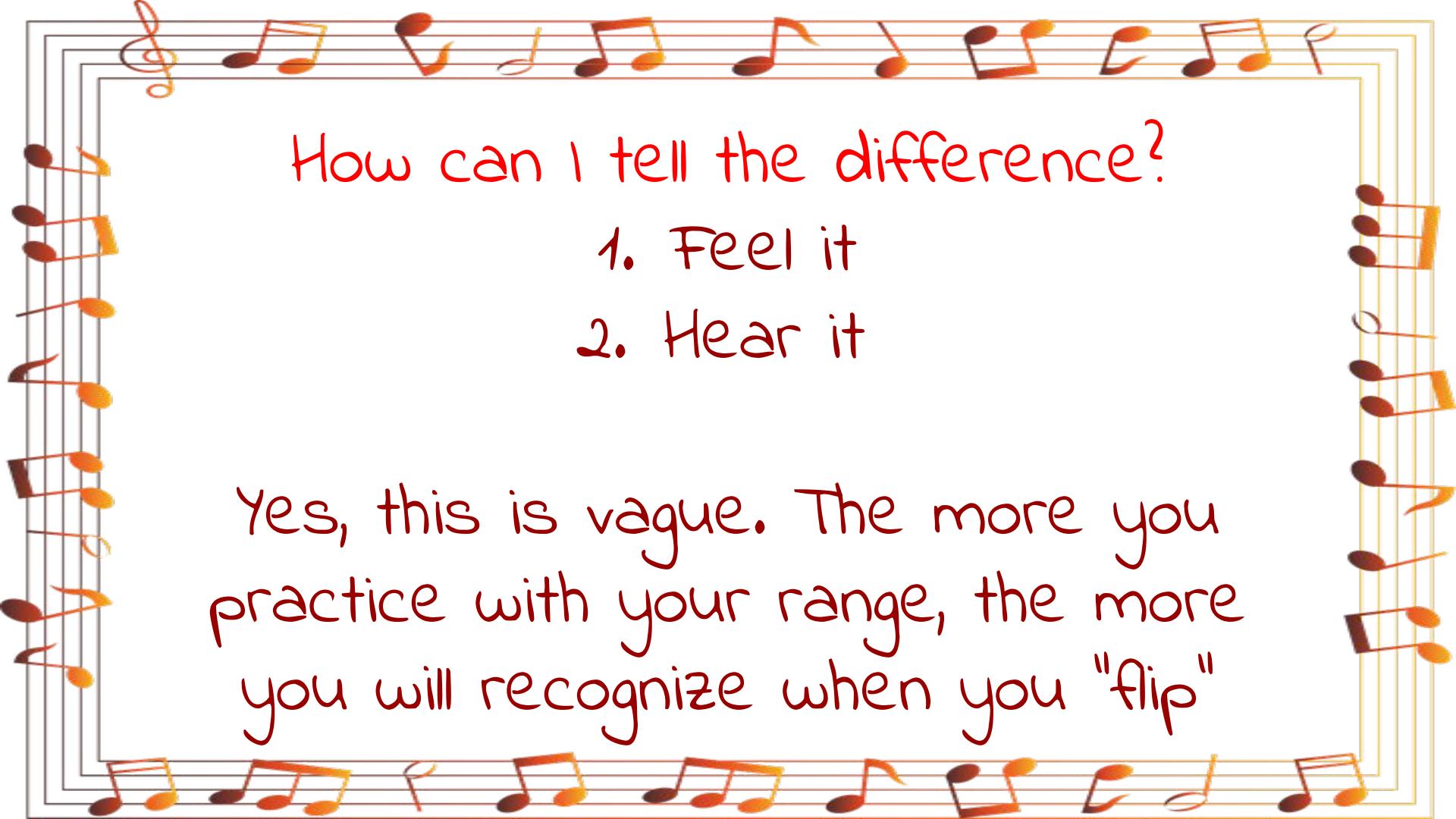
ALL HUMANS CHEST, MIX, AND
HEAD VOICE ARE DIFFERENT.

Each of us has a different
voice range.



How can I tell the difference?

There are two ways to know when you are flipping from one part of your range to another.



How can I tell the difference?

1. Feel it
2. Hear it

Yes, this is vague. The more you practice with your range, the more you will recognize when you "flip"

Suggestions...

Chest voice - place your hand on your chest, when you sing you should feel vibration in your chest. Most people speak with their chest voice.

Head voice - place your hand on the back of your neck, when you sing you should feel vibration at the base of your skull. Most people speak with head voice when they are using “baby talk.” Imitating a siren also uses the head voice.

Anything that falls in between, where you may feel vibration in both your chest and neck, is part of your mix voice.

How do I expand my range?

Want to work on getting lower notes? Sing descending (going down) warm-ups. **Begin in your mix range** and work down.

Want to work on getting higher notes? Sing ascending (going up) warm-ups. **Begin in your mix range** and work up.

Remember - mix is in the middle of your range. Always begin warm-ups here, and then work up or down.



We are all unique



Most humans have a similar mix range. Think of these notes as the middle of a piano. This is the largest part of your range.



Chest voice (lower) notes will be towards the left of the piano.

YUP.

Head voice (higher) notes will be towards the right of the piano.



Some of us will have more chest voice notes, and others will have more head voice notes. This isn't a bad thing, it just means that we are all different and each have a unique voice.

Hi!



Voices are like snowflakes, no two are alike!



Practice Suggestions...

Chest voice warm-ups, descending

Humming

Yum yum yum

Ha ha ha

Mah may mee moh moo

Head voice warm-ups, ascending

Humming

Zee ah zee

Senora

Oh how I love to sing

always begin in your mix voice



Middle School Voices

Soprano

Alto

In between voices? We can call those mezzo, which means in the middle. Sometimes they are called soprano 2.

Tenor or Baritone



High School Voices

As we mature, our voices change. Usually by the time you are in high school, your voice will find its permanent home.

At this age, voice ranges are usually split by gender.

Females can continue to sing alto or soprano.

Males typically develop a lower range and have their own voice parts...

High School Voices

Males typically develop a lower range and have their own voice parts...

Tenor

Bass

In between voices? We can call these baritone.



There are extra talented people!

These voice parts are normally true to age and gender.

However...

This world has some extraordinary people. It's not impossible for a male to sing soprano, or for a female to sing bass. Voice parts aren't concrete!
They don't have to follow the "norm"

Let's get singing!



video Resources

Sing Geek

<https://www.youtube.com/watch?v=zM2GDKDLr8s>

Dr. Dan

<https://www.youtube.com/watch?v=bGy9FfKH1-w>