



# Laryngeal Legos:

Building Healthy Vocal Technique in Young Singers

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## 1 VOICE BUILDING

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### **FOUR CONCEPTS:**

Posture  
Breath Control  
Creating Sound  
Resonance

### **Posture**

1. Breathing is easier
2. Tension is reduced
3. Singing is less tiring

### Posture Exercises

8 Count Shake Out

Stretching

Lollipop Head (Yes/No): Sing "Ah" while moving head

Brain/Body Coordination

1. Clap Together
2. My Bonnie Lies Over the Ocean
3. 2 vs 3
4. Body Percussion Round
5. Posture Rap – Rollo Dilworth

Watermelon/Prune Face

Eyebrow Pushups

### **Breath Control (Vocal Steroids!)**

1. Sing Higher
2. Sing Longer
3. Sing Dynamically
4. Sing with freer and more pleasing sound.

**\*\*No need to say the words “breath support” and “sing from your diaphragm”\*\***

### Breathing Exercises

Yogi Breathing

Silent Surprise Breath

“Let the Air Fall In” (to keep from creating tension/squeezing)

Inflate the Inner Tube/“Belt of Noses”

Echo Rhythms: t, sh, s, k, th, f, ch, p, z

“Brrr” tongue/lip Trills: Do-Mi-Sol-Mi-Do

Bouquet Breath – Smell + “mmmm” Sol-Fa-Mi-Re-Do

### Creating Sound

1. More clear, focused tone
2. Efficient sound production
3. Better breath control
4. Better vocal health

### Vocal Onset Exercises

The Three Bears of Vocal Onset:

- **Ha** = too breathy
- **Uh** = too much glottal stop
- **Ah** = just right!

Imagine pulling a tissue out of a box at the onset

“ffff” or “shhh” before onset

### Resonance

1. Rich tone
2. Sing efficiently
3. Sing in tune
4. Achieve dynamic contrast
5. Higher/Lower pitches with ease

### Resonance Exercises

Silent Surprised Breath

Nasality – hold nose and sing “I”

“Hung-ah”

“ning-ee” – Sol-Fa-Mi-Re-Do

Pencil Between Teeth

Secret Smile

Whisker Fluffing (“f” before vowel)

Ti-Va – Do-Sol-Fa-Mi-Re-Do (“v” before vowel)

## 2 CHORAL CONCEPT BUILDING

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1. Play examples of choirs and singers of all different ages, styles, genders, etc.
  - a. Body, Mind, Spirit Voice DVD
  - b. Children's Choirs CD's
  - c. Highest quality recordings with best tone you can find! What inspires you?
2. Listen across the choir
3. "Look at me with your toes"
4. Face Places
5. Never Sing Louder Than Lovely
6. Have students sing alone and in small groups often!

## 3 RESOURCES:

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- *Vocal Technique: A Guide for Conductors, Teachers, and Singers* by Julia Davids and Stephen La Tour
- *Choir Builders: Fundamental Vocal Techniques for Classroom and General Use* by Rollo Dilworth