

Parkinsong

Mildura Group



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Health and social equality for our communities

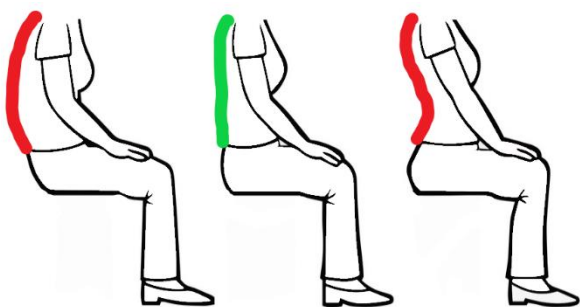
Welcome and update

The whole world has changed and we're upside down. Nevertheless, just because we're in isolation, it doesn't mean we can't still have fun and keep our voices sounding smooth as butter. Let's take some time to look back on all the techniques we've learnt so far.

Posture

Good posture makes a big difference to how efficiently we use our voices.

- Feet about shoulder width apart.
- If you are standing, make sure your knees are unlocked (as if you're ready to spring away from anyone who coughs!)
- If you are sitting, support your weight using your core muscles. But don't sit so straight that your back curves tightly.



- Relax your shoulders; don't hunch, but don't throw them back like a COVID-19 soldier!
- Look straight ahead; don't tuck in or stick out your chin.

Stretches

Hold each stretch for 15-30secs...

- **Chin to Chest** – gently bend your head forward, chin to chest. Hold.
- **Eyes to Sky** – gently tilt your head back so your eyes are looking at the ceiling. Hold.
- **Ear to Shoulder** – tilt your head to one side until you feel a stretch. Hold. Then stretch the other side.
- **Side to Side** – turn your head to the side until you feel a stretch. Hold. Then stretch the other side.
- **Circles** – slowly & gently roll your head. Start with your chin tucked to your chest. Imagine you've got a pencil on your head & you're drawing a big circle on the roof.
- **Shoulder Rolls** – your shoulders forward for 20secs. Then roll them the other way.

Breathing

Give yourself permission, take time to breath.

Belly Breathing

- Try not to slump & squash your belly.
- Gently place a hand on your stomach.
- Breathe in silently, feel your belly push
- 5 x Breathe out through pursed "w" lips, until you run out of air.
- Feel your belly draw towards your spine.
- 5 x Breathe out on a quiet "shh" sound, until you run out of air.



Speechy Musings

#StayHomeMildura
by staying home you are saving lives and protecting our health system and our front line workers thank you

Vocal Fold Stretches

Let's warm-up the muscle of our voice box, like a runner stretching before a big race.

Stretching x 5

- Glide slowly from lowest to highest comfortable pitch.
- Start with a relaxed, deep belly breath.
- Keep it very slow and smooth as possible.

Practise with:

Lip trill, "w", "v", "z", "n", "zj" (like treasure)

Contracting x 5

- Glide slowly from highest to lowest comfortable pitch.
- Start with a relaxed, deep belly breath.
- Keep it very slow & smooth as possible.

Humming

Before singing, HUM. When you can't sing, HUM.

Hmmm by itself:

- Pick a comfortable note to hold.
- Start soft, get louder, then quiet again.
- Keep it smooth & even.

Hmmm + vowel:

- Pick a comfortable note to hold.
- Start a soft, gentle hmm.
- As you get louder, open it to a vowel.

Practise with:

"ee", "or", "oo",
"ah", "air"



Tongue Twisters

"My mother makes me mash my mini M&Ms on a Monday Morning."

- Sing a tongue twister on a comfortable single monotone note.
- Each time you repeat the tongue twister, step the pitch up a little higher.
- Over-articulate all the mouth movements.

Phrases

"I've already filled in the form, thank you!"

1. Say it LOUD
2. Say it SOFT & CLEAR
3. Say it EXAGGERATED

Sing!

You earned it!

- Look back on the songs you've already worked on with the choir.
- Think about songs you'd really like to have a go at when we're next together (write them down!)

Think about:

Posture
Breathing
Volume
Articulation

Use it or Lose it...

Seriously, it's a principle of neuroplasticity... Keep up the gains you've made by practising as much as you can manage.

Also, singing is great for your mental, physical, social and psychological health!

Exercises – 2 x a day for 10mins.

Singing – 3 x a week.

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