

Throughout my time in this module, I have learnt a lot of different things such as, warm-ups like humming, chewing gum, articulation and get out my house, all these warm-ups focused on different things for example, pitch, volume, muscles and articulations however, all together will help you keep your voice and mouth healthy and not get injured or lost this is because they all help warm the muscle and soft pallet at the back of the throat and when you sing it will let out the best of you and by doing this it helped me to learn new things about me for example, I have a higher range that I unlocked in my song Luck be a lady I was able to unlock this because I done a decent warm-up to help the voice and then done an exercise where you add a cry to the word and then go for it which pushed me to unlock the higher pitch and helped me hold notes for longer and this all made me realise that I can sing and helped build confidence. In the module we started to make our own warm-ups, mine consisted of things I learnt in class for example, a warm-up that will help open the diaphragm and allow for the body to use all the air to get the notes that you want. "Humming is a great vocal warm up to start with" (Dots Singing, 2022). We also did this in class. When I picked this, I learnt that this type of warm up will help improve my pitch and resonance this will then help with any song that I picked. Another warm-up we did in class, was using tongue twisters, this is because a tongue twister will help move your mouth and tongue in different ways to help boost your articulation as an actor this is helpful because if you have good articulation then the audience will be able to understand all words that you pronounce. An example of this would be A big black bug bit a big black bear because it works "your mouth muscles in new ways" (Angeli Raven Fitch Voice Over, 2024).

Another thing I learnt in class was how to approach singing songs and act through them. Throughout the module, we went over many different genres of music going from Disney to golden age all the way to pop. When I picked my two songs counting stars and Luck be a lady, I went over the song and how to approach them. I learnt that for this, that it is best to break the song down into sections and figure out the hidden journey behind it for example, in luck be a lady he is singing about praying for luck to help him get the girl he likes. Another thing I learnt was the 7 levels of tension, in the songs that I was doing I used all the different tensions going from exhausted to ice-cream to Riga mortis and many others. The 7 levels of tension "Is a cycle that traces an emotional journey" (Why is that so funny, 2007, p. 103). When I was doing this, I liked how it added a lot of stories behind my song and got the journey across to the audience. One thing I struggled with when doing this was thinking of them whilst singing so what we did was get someone to say random ones to us and we had to act them out whilst singing. One state of tension I liked was neutral this is because "the actor is in a state of perfect balance" (Why is that so funny, 2007, p.107).

Within singing an actor also must try out the three circles of attention, this helps the actor to “expand or reduce their focus, energy, body language and voice engage with the self, a few others or a much wider audience” (Theatre workout, 2020). The three circles of attention are how an actor will be sending their attention for example, circle 1 is where they are in their own thoughts but circle 2 is straight to the audience. When I was doing this, I learnt that in counting stars these changes from circle 1 to circle 2 a lot this is because the singer is thinking about what to say and then sharing it to the audience. I also learnt that this would help get an emotional connection to the audience and help send the journey across for example, in counting stars the story was he got broke up with and had all these feelings to share and then towards the end realised and accepted the break up and if you focus it to one person in audience you can get the feeling to yourself and then to the audience. When I was doing this, I loved to do circle 1 to 2 and 2 to 1 but doing them with an audience felt a bit scary. However, I felt more confident when I did this because I had a connection with the audience. However, if I was to do the third circle people believe this to be “the most powerful” (Theatre workout, 2020) circle out of the three circles of attention this is because third circle is out to the whole world. Another thing is due to circles of attention you are doing direct address which is one message to one person this is good then there is clear messages going to them and if you are “scanning your eyes around the room- we feel as though you're talking to no one in particular” (mastering Shakespeare, P.45) this will not help show the journey or get an emotional connection if your song needs you in second circle.

Overall, in my assessment I have learnt many new things throughout this module, such as how to approach a pianist, how to act through song, how I need to do a good warm up to develop my singing skills and how to approach different genres such as Golden age this is because they are book theatre but Sondheim isn't. In my performance of counting stars and luck be a lady and helping in other people's songs I believe it went well; this is because I was able to switch between different levels of tension as well as the three circles of attention. This meant I was able to show the audience how the song journey to me can come to them for example, in counting stars I chose the journey to be how my girlfriend broke up with me, but I want to tell her everything and then accepted it all. Another positive was that I was able to hit the notes that I feared and I was able to accept that I can sing and build my confidence up in singing. One thing that I would do different if I was to do this again would be to stop restraining my arms from moving and if I chose to move them I need to go for it and make it big and relaxed this is because this will then add more atmosphere to a build-up in song and will also help me anchor myself to the floor to do bigger note within the song.

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Musical Performance (ADPA4018)

Leyland Butler

2500578