



# RAISE YOUR VOICE

CELEBRATE THE POWER AND IMPORTANCE OF VOICES IN OUR WORLD. WARM UP YOUR VOCAL CHORDS AND GET READY TO RAISE YOUR VOICE!

Your voice is amazing—it's special, it's unique, it's yours! But, have you ever stopped to think about exactly how your mouth makes the sound of your voice? In this activity, you will learn how your mouth creates sound and put it to the test. You'll be talking, laughing and even singing!

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First, let's think about how your **MOUTH** actually make **SOUNDS**! Without even realising it, you use your mouth in lots of different ways every time you **SPEAK**. When talking, you might use a combination of your **TONGUE**, **TEETH** or **LIPS**.

Can you match the **sounds** on the left with the **mouth actions** on the right by drawing connecting lines between them?

Say the **capital letters** in each box aloud a few times, paying close attention to **how your mouth moves** when you speak. Are you using your tongue, teeth and/or lips?

\*\*The answers are on the next page, but no peeking!\*\*

B, M, P

C, D, S

F, V

A, E, I

TONGUE  
AND  
TEETH

LIPS  
AND MOUTH  
OPEN

BOTH  
LIPS  
TOGETHER

BOTTOM LIP  
AND  
TEETH

2

We use our mouths in this way to **VOCALISE** our words and form **SPEECH**.

Now, it's time to **WARM UP YOUR VOICE** a little! Have you ever noticed that often in the morning your voice is a little croaky? That's because just like the muscles in our body, our voice needs warming up before we can speak **CLEARLY** and **STRONGLY**. One way to warm up your voice is doing **TONGUE TWISTERS**!

Here are four tongue twisters for you and your family to try. For each phrase, start by saying it **slowly** and **clearly**. Then, keep **repeating** the phrase getting **gradually faster** each time—try not to get your tongue twisted!

For each tongue twister, can you identify what **mouth actions** you are using? Are they the same as the ones used for the capital letters above, or are they different actions? Look on the next page for clues if you need to!

"I saw Susie sitting in a shoe shine shop"

"A proper cup of coffee from a proper copper coffee pot"

"Black background, brown background"

"How many cookies could a good cook cook  
if a good cook could cook cookies?  
A good cook could cook as much cookies  
as a good cook who could cook cookies"

Words aren't the only sounds we can **VOCALISE** with our mouths. There are lots of other sounds we make every day other than speech, such as breathing, sighing, hiccupping and even screaming! Can you think of more examples?

To **WARM UP** your voice even more, have a go at repeating each of the sounds on the right **5 TIMES** in **DIFFERENT WAYS**, e.g. slow/quick, quiet/loud, silly/serious. Some are sounds you make as part of daily life, others are sounds you might hear throughout the day but don't tend to make with your own mouth! See if you can **REPLICATE** them.



YAWN



SIREN



LAUGH



MEOW



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OK, now that your voice is warmed up it's time to try something else—it's time to **SING**!

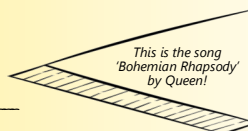
Lots of people like to sing, whether that be alone, on stage, in the shower, or even when daydreaming!

Scientists believe that **SINGING** makes you **FEEL GOOD** and can improve your **WELLBEING**. Do you agree? Why?

Complete this **word search** of words related to the voice. When you have found all the words, try **singing the song below** filling in the **gaps** with a **random word** from the list. It doesn't matter if it sounds like nonsense (or even if you don't know the song), just sing as **loud** and **proud** as you can! Try it a few times...

Is this the real life? / Is this just \_\_\_\_\_?  
Caught in a \_\_\_\_\_ / No escape from reality  
Open your \_\_\_\_\_ / Look up to the \_\_\_\_\_ and see  
I'm just a poor boy / I need no \_\_\_\_\_  
Because I'm easy come, easy \_\_\_\_\_ / Little \_\_\_\_\_, little low  
Any way the \_\_\_\_\_ blows doesn't really matter to me, to \_\_\_\_\_

V	Q	C	F	M	R	Q	Y	E	M	O	U	T	H	X	COMMUNICATE
F	E	I	G	S	Y	L	X	Z	K	F	B	R	H	H	CROAKY
H	A	C	D	O	W	W	B	X	T	C	W	Z	M	B	EXPRESS
M	R	R	F	P	C	W	X	Y	H	E	M	X	G	Q	LIPS
H	O	W	S	I	N	G	I	N	G	M	E	M	A	L	MOUTH
W	W	G	C	O	M	M	U	N	I	C	A	T	E	A	MUSIC
P	C	O	K	V	O	I	C	E	R	I	O	F	H	J	SINGING
A	R	E	M	W	Q	S	P	E	E	C	H	L	E	N	SOUND
R	O	N	V	O	C	A	L	I	S	E	B	I	X	U	SPEECH
U	A	Q	L	U	U	R	C	C	Y	G	T	P	P	E	TALKING
S	K	R	F	T	O	V	O	X	H	C	C	S	R	Z	TEETH
K	Y	J	Y	S	T	T	A	L	K	I	N	G	E	I	TONGUE
L	E	T	O	N	G	U	E	K	S	B	K	X	S	E	VOCALISE
H	W	F	O	C	G	P	C	U	X	R	D	M	S	G	VOICE
J	C	F	F	A	H	F	M	S	O	U	N	D	W	C	WORDS



Don't know the song? Check it out here:  
<https://youtu.be/J9rUziMcZQ>



### 4

There are lots of other strange and funny sounds you can make with your voice, just by changing the **SHAPE OF YOUR MOUTH**! The way you move your tongue, teeth and lips can help you make lots of different sounds. Try the two examples below with your family and see who can make the best sounds!



#### DRIP DROP | MAKE THE SOUND OF A DRIPPING TAP WITH YOUR MOUTH AND FINGER!

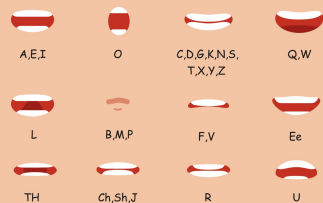
- Purse your lips together but leave a small opening, just like you would if you were trying to whistle.
- Hold your hand up to your cheek.
- Use your thumb to hold down your index finger, then let it go to flick your cheek.
- Did you make a sound? Does it sound like water dripping? Keep trying!

Flick your cheek lots of times and keep changing the shape of your mouth, opening and closing your lips. How does it change the sound? Try using two hands too!

#### LOOK WHO'S TALKING | IS IT POSSIBLE TO TALK WITHOUT MOVING YOUR MOUTH?

- Part your lips slightly so your teeth are visible.
- Gently touch your teeth together—this will hide your tongue.
- Keep your lips and teeth like this and try saying some letters. You will find it easier to say A, C, D, E, G, H, I, J, K, L, N, O, Q, R, S, T, U, X and Z.
- More difficult letters are B, P, F and W. Try saying them without moving your lips!

Read a few lines from a book and ask your family members to watch you. Can they see your mouth moving? Why not record yourself and watch it back to see?!



**SINGING** really is **GOOD FOR YOU**! Look at the **BRITISH VOICE ASSOCIATION**'s leaflet on the science that proves it:  
<https://www.britishvoiceassociation.org.uk/downloads/free-voice-care-literature>

If you like **SINGING**, get involved in Gareth Malone's **GREAT BRITISH HOME CHORUS** to sing with others across the country:  
<https://decca.com/greatbritishhomechorus/>

You don't even have to play an instrument to make music—you can sing **A CAPPELLA** (without accompaniment). Check out American **a capella** group **PENTATONIX**. They even do beatboxing!  
<https://www.youtube.com/channel/UCmy1CLT6ZcEdTJMHxR9XeA>



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