

# Projecting

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## WARMUP: “HA” EXERCISE

1. Take in a big breath.
2. Force all of the air out and say “Ha!”
3. You should really feel your diaphragm move. Instead of contracting slowly like in the hissing exercise, you should feel it contract all at once.
4. Once you’ve tried doing “Ha!” a few times, you can move on to say “Ha!” 3 times in a row.

## EXERCISE

Divide your students into pairs. They are going to help each other check their projection.

For the following, have them start close together, then at intervals determined by you, have them move further and further apart.

Use either a recitation that you know or the “Alphabet/List” exercise outlined below.

Tell the pairs to listen and observe each other while they work. Give students the checklist below so they know what to look for.

## ALPHABET/LIST EXERCISE

1. Select a list of at least 25 items (you can use the alphabet)
2. Take a big breath
3. While releasing the air, see how many items you can recite the list.

4. Pay attention to the first things you say and make sure you don't release all of the air at once.
5. Make sure your chest doesn't collapse.
6. You can then move on to other more complicated/longer lists. There is an additional handout of lists you can use.

## PROJECTION CHECKLIST

SELF	PARTNER
Does the sound echo back when I project?	Can my partner hear me?
Do I feel like I'm being really loud?	Does my partner think I'm too loud?
Do I feel like I'm overwhelming the space?	
How big of a breath did I take before I spoke?	
How much air did I let out as I projected?	
Did I pick a spot on the wall to project to?	
Did I use visualization?	