

## **Bathroom Singer Lesson 4 - Exploring Vocal Registers**

**Goal:** Discover and use head, chest and mix voice.

### **Explaining vocal registers**

The “vocal range” is how low and high we can sing. Each voice is unique and has its strong points. Understanding vocal registers will improve weaker areas and increase the range.

When singing a simple scale you may reach a point where you feel as if your voice cannot go any higher without straining. When we reach this we need to switch into what we call head voice.

When we sing a scale down and we feel like cannot sing any lower without the sound dying we need to use chest voice.

In this lesson we will learn to identify and separate the two then blend them to create the “mix voice”.

### **Exploring the Chest Voice:**

Exercise 4A: Place a hand on your collarbone to feel vibrations in your chest

1’58                      Drop the jaw low and say “ha ha hey” -> think “heh” not “hey-ee”

(more on vowel sounds in lesson 5)

Only take your voice as low as comfortable

Exercise 4B: Keep the hand on the collarbone

3’31                      Using the diaphragm to support the sound say “hey hey hey...”  
sliding the third “hey” up and down as far as you feel you can take the chest voice  
-> only take the chest voice as high as you a comfortable.

- ➔ relax the jaw
- ➔ feel the vibrations
- ➔ Avoid raising the cheekbones
- ➔ Don’t strain for volume (no shouting!)

Try a chorus of Ed Sheeran’s “Thinking Out Loud” feel those vibrations remembering diaphragmatic breathing to support the sound.

### **Exploring the Head Voice:**

Exercise 4C: Place a hand on the back of your neck near the head

6’10                      Say “hoo hoo hoo” like a hooting owl

➔ if this sounds/feel strained lower the pitch and try again

Aim to feel the vibrations where your hand is

➔ adjust the hand if you cannot locate them

Exercise 4D: Keep your hand at the back of your neck

7'26 "hooooooo" on high pitch down as low as your head voice goes

Exercise 4E: Animal sounds

8'48 Begin on a high note and step down 4 while singing "woof woof woof woof"

- ➔ Take the first note up a scale step and repeat
- ➔ Change to "meow meow meow meow"

Try a verse of "What Was I Made For?" by Billie Eilish

### **Switching Registers:**

Exercise 4F: Using the interval of an octave (Exercise 3A)

12'55 Sing "ooh" on the higher pitch and "ah" on the lower pitch  
Use your hands to feel the vibrations in the correct places.

Exercise 4G: Yodelling

13'55 Start on low octave then switch to head voice for high octave  
"yodelay-eeeeee"

Try a chorus of Coldplay's Yellow to switch between.

### **Blending registers:**

Blending registers is something all singers continue to work on, however experienced. The point where the chest and head registers meet is called the passagio or "break".

Exercise 4H: Lip trill (Exercise 1D) slides using full range low-high-low

16'57 "rr" "zz" "vv" "zz" "jj" "mm" "ng"  
➔ Identify any weak points or cracks.  
➔ Slow down at this spot and feel the change in vibrations on the collarbone and neck/head along with the way the throat and nasal passages feel.  
➔ Aim for a smooth transition entering head voice and back down into chest voice

Exercise 4I: Octave (Exercise 3A) "eee" slides low-high-low

18'14 Take the starting note a scale step up and go again  
➔ Change the vowel sounds playing with "ah" "aw" "ooh"

(more on vowel sounds in Lesson 5)

**Practice:** 5-10 minutes daily register exercises 4A-4I

Lip trills Exercise 1D

Arpeggios Exercise 3C use head voice for high last note

Songs: Yellow – Coldplay (switching)

Shallow – Lady Gaga (mixing)

Thinking Out Loud – Ed Sheeran (chest)

What I was Made For – Billie Eilish (head)

Somewhere Over The Rainbow (Lesson 2)

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