

Bathroom Singer Lesson 6 - Resonance and Tone Quality

Goal: Develop a fuller, richer sound

What is resonance? Resonance in singing is the amplification and enrichment of your voice when sound waves vibrate through spaces in your body such as the chest, throat, mouth and nasal cavities. These are natural amplifiers that shape the sound quality of the voice. A fuller, more vibrant sound is created when we adjust how we use these resonating spaces. Relaxed breathing (lesson 2), good posture (lesson 1) and clear lengthened vowels help develop better natural resonance.

Exercise 1A – revisit “ah-ee” hands on cheekbones from lesson 1

Finding nasal and facial vibrations:

Exercise 6A: To find nasal and facial vibrations while singing start by humming gently on a pitch comfortable for your voice. Close your lips and focus on creating a soft, steady “hmmm”. 2’00

- ➔ Keep the jaw and throat relaxed
- ➔ Pay attention to where you feel vibrations in your face – nose, cheekbones, lips

Exercise 6B: Now try the same with “ng” 2’23

- ➔ Hold the sound to direct vibration to your nose
- ➔ Gradually transition to a long open vowel sound “aaaahhhh” while keeping the vibrations forward.

Experiment with 6A and 6B on different pitches to feel how the vibrations shift

- ➔ Aim for a light buzzing in the face
- ➔ This helps develop forward resonance for a cleaner, more powerful tone

Exercises to enhance tone:

Exercise 6C: Move two white keys up from C on your keyboard to start on E 4’26

- E is step 3 of the C scale (lesson 3 – pitch)
- Sing “mm” on pitches 32123212
- Smoothly change to “ng” on 32123212
- Smoothly open to “ah” 345678....7654321 (holding the top note)
- Slide down evenly listening for pitches
- Feel the areas of vibration change and listen to how each sounds

Exercise 6D: Straw phonation 6’15

For this exercise you will need a straw for your glass of water (lesson 1 – hydration).

This exercise is called Straw phonation, a SOVT (semi-occluded vocal tract) exercise.

- Hum into a straw placed in a glass of water.
- ➔ This helps vocal resonance, breath control (lesson 2), and vocal cord efficiency (week1).

Blowing into the straw creates resistance. This reduces strain on the vocal cords to encourage healthy vibration and balanced air pressure to build a more connected and effortless sound.

Exercise 6E: Sirens on vowel sounds 8'14

- Start as low as comfortable and use the “ah” sound to slide to the highest pitch you can comfortably reach then back down.
- Repeat on vowel sounds “aw ee oo eh”
- ➔ Use the diaphragm to support a large breath (lesson 2)

Exercise 6F: Combine sirens 9'50

- Take a large breath into your diaphragm
- “ah aw ee oo eh” going from the bottom to the top and down again on each sound
- ➔ Keep the transitions smooth

Singing phrases with focus on tone quality

- ➔ See long vowels lesson 5

“All of Me” by John Legend Chorus -> place hands on cheekbones

“All of me loves all of you....”

“Hallelujah” by Jeff Buckley/Leonard Cohen -> fingertips on nose

“Hallelujah, hallelujah, hallelujah, hallelujah”

“Natural Woman” by Carole King -> one hand on back of neck, one on chest (lesson 4 vocal registers)

“You make me feel, you make me feel, you make me feel like a natural woman”

“Brother” by Matt Corby – “oooh ooooh ooooh oh oh”

- ➔ focus on registers and resonance

Practice: Resonance exercises 6A-6F and tone-focussed singing.

Sing along to the radio with a full tone.

Songs: All of Me- John Legend – smooth sound, long vowels (lesson 5)

Hallelujah – Jeff Buckley/Leonard Cohen – deep resonance

Natural Woman – Carole King/Aretha Franklin

Brother – Matt Corby

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