



The Voice and Body Toolkit: 20 Exercises.

For any interp performer and the parent who coaches at home. Twenty short exercises with timings, grouped into warm-ups, voice, body and character, plus a ready-made 15 minute routine.

Before you start

Do these on a regular schedule rather than all at once. Short, frequent practice builds control faster than one long session. Stop any exercise that causes pain, and drink water. If a student has a medical or vocal concern, ask a professional.

Warm-ups (exercises 1 to 5)

#	EXERCISE	HOW	TIME
1	Shoulder and neck rolls	Slow circles, five each direction	1 min
2	Lip trills	Blow air through loose lips while sliding pitch up and down	1 min
3	Jaw release	Gently massage cheeks, open and close the mouth slowly	1 min
4	Tongue twisters	Say a short twister three times, increasing speed while staying clear	2 min
5	Belly breathing	Inhale through the nose for four counts, exhale for six, hands on belly	2 min

Voice (exercises 6 to 11)

#	EXERCISE	HOW	TIME
6	Pitch ladder	Say one line five times, climbing from low to high	2 min
7	Pace ladder	Say one paragraph slow, normal, fast, then back to normal	2 min
8	Volume zones	Say one line at a whisper, a conversation, a call across a room	2 min
9	Emphasis swap	Say 'I did not take it' five times, stressing a different word each time	2 min
10	Pause practice	Read a paragraph and mark three pauses of two counts each	3 min
11	Record and listen	Record a minute, listen back, note one thing to improve	3 min

Body and character (exercises 12 to 20)

#	EXERCISE	HOW	TIME
12	Neutral stance	Stand tall, feet hip width, arms loose; this is your reset position	1 min
13	Weight shifts	Move weight to left foot, right foot, heels, toes to feel how it changes mood	2 min
14	Face map	Show five emotions with the face only, holding each for three counts	2 min

#	EXERCISE	HOW	TIME
16	Character walk	Walk across the room as three different characters	3 min
17	Focus points	Pick fixed spots in the room for each character and speak to them	3 min
18	Silent scene	Perform a scene with no sound; can a viewer follow it?	3 min
19	Pop drill	Switch between two characters ten times, fast and clear	2 min
20	Cool-down	Slow breath, shake out arms, quiet hum	1 min

A 15 minute routine

- 1 **Warm up.** Exercises 1, 2, 5 (4 min).
- 2 **Voice.** Choose two from 6 to 9 (4 min).
- 3 **Body.** Choose two from 12 to 17 (5 min).
- 4 **Cool down.** Exercise 20 (1 min). Use remaining time for a quick run of your piece.

- ☐ I warmed up before performing, not just before practicing.
- ☐ I can find my neutral stance in two seconds.
- ☐ I used at least one voice and one body drill today.
- ☐ I recorded or noted one thing to fix tomorrow.

Want a plan built around your performer?

Book a free consultation at the link below.

Built from public guidance: Cambridge University Hospitals NHS lip trill exercise leaflet · NSDA Speech and Debate Glossary. Rules change by league and tournament, so always confirm against your tournament invitation and current league rules.

NOTES

Want a plan built around **your** debater?

Book a free consultation. The short intake takes about a minute and opens right away.

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