

NQT Voice Workshop

Aims:

- **To practically examine how we might use our voice more effectively in the classroom**
- **To discuss how we might sustain a healthy and effective voice**

What does a
teacher's voice
do?

Communicate instructions

Sustain positive relationships

Engage and enthuse

Gain attention

Manage behaviour

Ask questions

Persuade

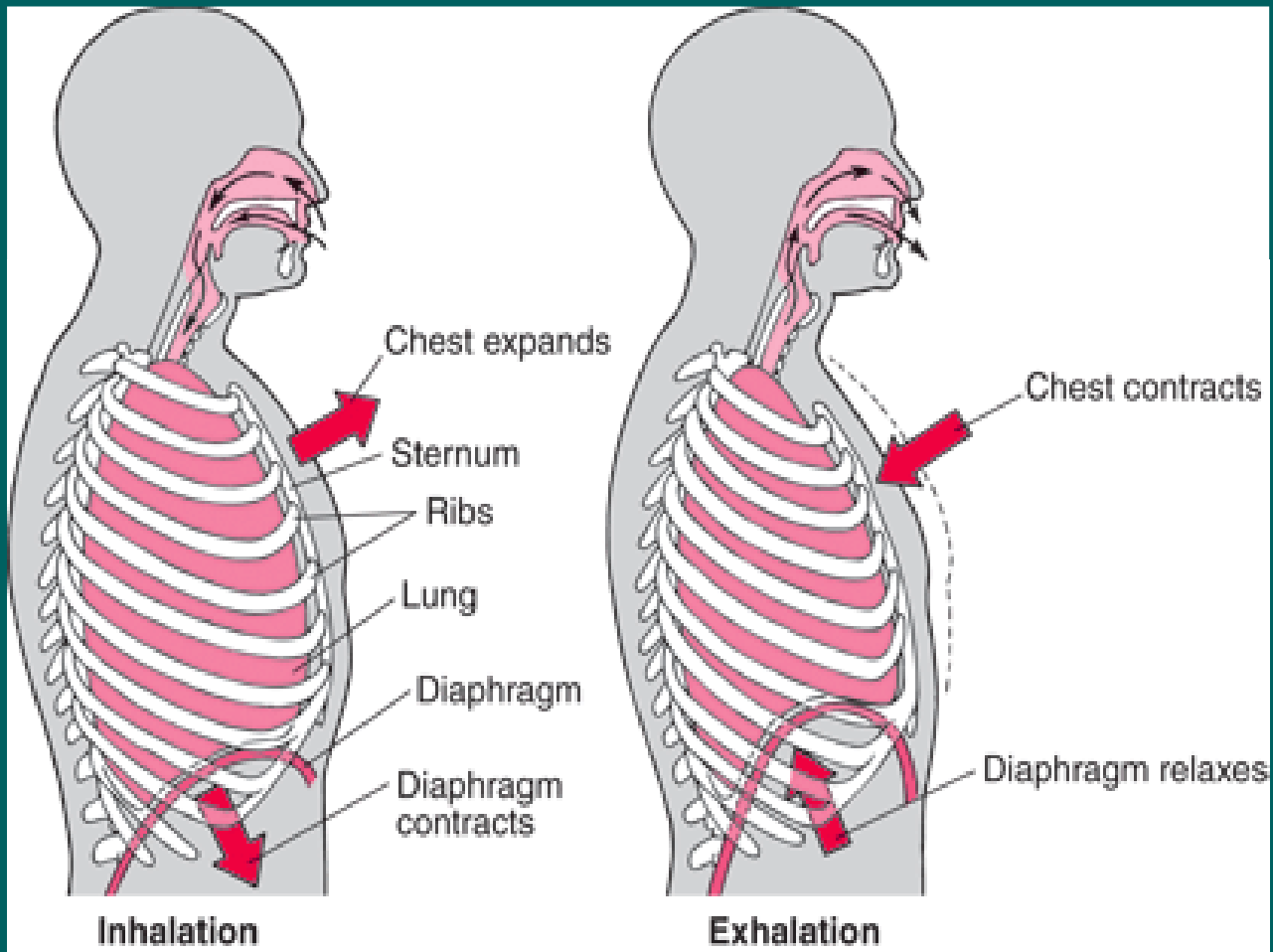
Discipline

Humour

A teacher's voice needs to reflect passion but more than that it needs flexibility. This means having a wide variety of tonal expressions and other skills to select from.

As a tool of the teacher's trade, the voice must be healthy and sustainable throughout the working day, week, term and year.

The NUT reported: *‘Teachers are eight times more likely to suffer from voice related health conditions than other professions, with the risk for an NQT much greater....’*



Try and make sure you breathe from your abdomen, not your chest.

Try and speak from your stomach not your throat.

Alternative ways to get attention.

Clap

Whistle

Arm up

Finger on lips

Bang desk!

Microphone in large space

‘Look this way, please.’

Useful Tongue Twisters.

*She sells sea shells on
the sea shore.*

*Unique New York, New
York unique.*

Try and speak in an expressive way, adding colour and variety to your speech.

‘How does the diaphragm
work?’

How to look after your voice.

- **Drink plenty of water to avoid a dry mouth and throat**
- **Avoid smoking**
- **Be aware that alcohol, caffeine, some medication, dust and fumes can dry out the voice**
- **Try and maintain a good posture**
- **Relax and avoid carrying tension in your neck and shoulders**
- **Breathe!**
- **Vary teaching activities to give your voice a rest**
- **Avoid shouting**
- **Employ alternative methods for gaining attention**
- **Use vocal warm-ups before you start your teaching day**

Useful websites

<https://www.youtube.com/watch?v=oGkt7DXCqyY>

<https://www.youtube.com/watch?v=YvaRSyfO3PY>

<https://www.youtube.com/watch?v=YZDx6ALfu3A>

<https://www.youtube.com/watch?v=jExkenbRm2c>

Alexander Technique

- The **Alexander Technique** is a way to feel better, and move in a more relaxed and comfortable way... the way nature intended.

Semi Supine



- Think about posture
- Breathe from the diaphragm
- Look after your voice
- Introduce 'vocal colour' into your 'teacher voice'
- Relax.....