

Let's Get Loud, Let's Get Loud! – Resource Pack

Workshop Outline

- Introduction & framing (5 min)
- Check-in on comfort & environment (5 min)
- Stretching & warm-up (10 min)
- Grounding breath practice (10 min)
- Humming & resonance exploration (15 min)
- Break for tea/water (10 min)
- Reflection through writing/drawing (10 min)
- Expressing body-based sounds (10 min)
- Free writing about the voice (10 min)
- Vocal play with instrumental (15–20 min)
- Closing breathing & humming practice (10 min)
- Closing reflections & gratitude (5 min)

Reflective Questions

- How did it feel to make non-musical sounds?
- Did you notice any changes in your body or breath?
- What emotions came up while you were loud, quiet, or playful?
- Was it challenging to let yourself be noisy or silly?
- Do you feel more connected to your body after using your voice in this way?
- What might you want to carry from this practice into your daily life?

Continued Practice Suggestions

- Try humming for a few minutes each day to ground yourself.
- Experiment with freewriting using made-up or playful words.
- Practice vocal warm-ups gently – explore low and high hums.
- Play instrumental music and improvise words or sounds on top.
- Use your voice as a tool for self-soothing when anxious or tense.
- Allow yourself moments of loudness, silliness, or song in safe spaces.

Further Resources

- Book: 'The Artist's Way' by Julia Cameron – for creative expression and play.
- Book: 'Pleasure Activism' by Adrienne Marie Brown – on the importance of pleasure as a fundamental aspect of social justice and personal well-being
- Video: Cheryl Porter, fun vocal coach for 10 min vocal warm up (YouTube: <https://www.youtube.com/watch?v=6tbii7Azhzg>)
- Video: Bobby McFerrin, improvisation workshop, fun and inspiring playful performance (YouTube: <https://www.youtube.com/watch?v=88W-jNcx018>)
- Practice: go to a forest and sing to a tree or an insect, or maybe just go to a space that feels safe and holding, that could even be the shower. Sing, sing wherever feels good, on your way home, to a friend that you don't feel judged around, maybe even to a baby or an elderly person, sing to yourself to soothe yourself. Sing as an act of liberation!