

Initial Stretches

- Begin by stretching out your upper body. Loosen your neck and shoulders.
- Then flop over from the waist and breathe into your lower back and belly. Slowly come back up to standing.

Connecting Movement to the Breath

- Circle your hips around while releasing your voice on a long, slow 'S'. Reverse the direction of the circling and release your voice on a long, slow 'Z'
- Circle your rib cage around while releasing your voice on a long, slow 'S'. Reverse the direction of the circling and release your voice on a long, slow 'Z'
- Roll your shoulders backwards while releasing your voice on a long slow 'S'. Reverse the direction of the circling and release your voice on a long, slow 'Z'
- Drop your head and neck and gently circle while releasing your voice on a long, slow 'S'. Reverse the direction of the circling and release your voice on a long, slow 'Z'

Lip and Tongue Trills

- Gently expand your vocal range whilst blowing air through your lips like horse lips. Equally, you can roll your tongue if that is easier. Bring vibration and sound to this action. Allow your voice to go from high to low and then from low to high.

Lip and Voice Stretches

- Allow your voice to siren down from high to low, switching back and forth from 'OO-EE-OO-EE-OO'. Really allow your lips flexibility as they move between rounding and spreading to make these vowels.

Counting

- Take three rounds of counting aloud as long as you can without straining. Reconnect with your breathing on each round.

Pulling Faces

- Start by softly chewing, followed by raising the eyebrows and scrunching the cheeks. Finish by moving your entire face around, as if moving the air in front of your face.
- Make some gentle sounds with your voice as you are moving your face.



Face Massage

- Begin with the temples and then massage your jaw, sinuses, forehead and chin.
- You can also focus a gentle massage on the facial pressure points: 1. the temples on either side of your head, 2. the masseter muscle in your jaw sitting in front of your ears, 3. on either side of your nose by the nostrils, and 4. on your brow bone where it meets the top of your nose and eye sockets.

Yawn with the Lips Closed

- Provoke a yawn and feel a parachute-like stretch in the soft palate in the back of your mouth.

Tongue Stretch

- Rest the tip of your tongue behind your bottom teeth. Allow the middle of the tongue to cascade forward out of the front of your mouth. Sense a stretch in the tongue root.

Tongue Circles

- Place your tongue between your lips and teeth. Circle the tongue around the teeth five times to each side with your lips closed. It may feel as if you are cleaning your teeth with your tongue. Swallow at the end to release any tension.

Tongue Release

- Rest your tongue flat on your bottom lip outside of your mouth. Feel the tongue releasing as you speak the days of the week. Keep the tip of your tongue resting down.

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday

Resonance

- Hum into the crown of your head, keeping your breath and throat open throughout. Sense the vibration in your forehead and top of your head. It may be easiest to access using a pitch slightly higher than your spoken voice.
- Hum into the nose, sensing a nasal vibration. It may help to think of it sounding like a cartoon character.
- Shake your head back and forth while voicing 'EE'. Allow the sound to fall as if it's coming out of the side of your head.
- Bounce sound off the roof of your mouth while saying 'Yeah, yeah, yeah, yeah, yeah'. Sense the vibration on the roof of your mouth.



- Focus a hum to vibrate off the front of your face. It may feel as if there is vibration on your lips and cheek bones.
- Keeping your throat open, allow the sound to move and centre itself in the throat. Begin to hum and babble as if you are speaking at a cocktail party.
- Finally, move the hum into your chest. It may be useful to give your chest and upper back some light taps while voicing to feel the vibration bounce.

Consonants

Over-engage your muscles to form the consonants in order to wake up the muscles of speech. Read through the words that follow, mind the ends of the words.

M M M M B B B B P P P P: Come, Beam, Drab, Scrub, Heap

W W W W W W W W: Water, When, Wait

D D D D D T T T T T: Dead, Said, But, Trust, Light

N N N N N N N N: None, Again

TH TH TH TH: Birth, Death, Myth, Sixteenth, Truths

F F F F V V V V: Have, Give, Love, Fluff, Tough, Off

G G G G K K K K: Back, Dark, God, Log

S S S S Z Z Z Z Z: Birds, Herbs, Shirts, Pumps, Tights

Run through a few tongue twisters found in the Tongue Twister document!

