

## **TONGUE TIP**

1. Tttt-tttt-tttt-tttt...
2. T-sow, t-say, t-sigh, t-snare, t-snake, t-sneeze
3. Heaths, wreaths, breaths, moths, cloths, froths

## **SOFT PALATE EXERCISES**

1. Ng-ah, ng-ah, ng-ah...
2. Ging-gong, ging-gong, ging-gong...
3. King-kong, king-kong, king-kong...

## **RHYME FOR TONGUE AND LIPS**

1. To sit in solemn silence in a dull dark dock in a pestilential prison with a life long lock, awaiting the sensation of a short, sharp shock from a cheap and chippy chopper on a big black block.

## **TONGUE TWISTERS**

1. Lots of hot coffee in a proper coffee pot
2. Thor threaded thirty thick thistles on a thin thong
3. Sill Sam swam like six swift swans when six sharp sharks came snapping at his shins
4. Please practice precisely Peter Piper's Principles of Plain Perfect Pronunciation
5. The seething sea ceaseth and it sufficeth us
6. The Leith police dismisseth us
7. Theophilus Thistler, the thistle sifter, when sifting a sieveful of un sifted thistles, thrust three thousand thistles through the thick of his thumb
8. Robert Rowley rolled a round roll round, a round roll Robert Rowley rolled round, if Robert Rowley rolled a round roll round, where's the round roll that Robert Rowley round?
9. She sells sea shells by the sea shore, the shells she sells are sea shells I'm sure
10. Around the rugged rocks the ragged rascal man

## **RELAXATION**

1. Stretch, relax
2. Roll neck
3. Flex shoulders
4. Bending
5. Stretch relax

## **BREATHING AND BREATH CONTROL**

1. Breathe in and out on “sssss”
2. Count or say the alphabet
3. Days of the week or months of the year
4. Rhymes and tongue twisters

## **RESONANCE AND TONE**

1. Humming “mmm” “nnn” and/or “ng”
2. Humming followed by a long vowel sound (“mm-ah”, “nn-aw”, “ng-ee”)

## **ARTICULATION**

1. Drop the jaw and massage down cheek bones to chin
2. Bite and chew imaginary apple
3. Yawn, followed by a long vowel sound
4. Moving jaw backwards and forwards, side to side and round in a circle
5. Tongue stretches
6. Law-lah, law-lah, law-lah...
7. Lee-law, lee-law, lee-law...
8. La-la-la, la-la-la, la-la-la...