

VOCAL WARM-UPS



1

In order to be ready to confidently speak, one must warm up your 'tools' of the trade; your voice, tongue, mouth and breathe work.

2

Remember good posture is important. Head up, shoulders back, smile and breathe. Take a few long breathes to clear your mind. In through your nose and exhale through your mouth. Then "Shhhhhhhhhh" it out a few times.

3

SIGH it out a few times. Use your voice.

4

Tongue Trills or flip your tongue around in your mouth.

5

- Do one long "hmmmmmmmm." Hold it for as long as you can.
- Now try loosening up your lips and mouth as you hum so you are not pressing your lips together. Keep your jaw and cheeks nice and loose too.
- Now go up and down with your hum. Alternate between descending and ascending hums. 5x.

6

Say the same four words over and over again:
"Meem, Mime, Mohm, Moom".

7

Use the "Hand Up" emoji if you wish to speak and then speak slowly and clearly.

8

The last step is to get your mouth ready to enunciate your words and sounds clearly. Add a "P" and a "T" sound to our "M" sounds. Say:
"Ma, Pa, Ta, Ma, Pa, Ta"
Hold these for short sounds and long ones. Try ascending and descending. Then, really try to enunciate these sounds and open your mouth wide on the 'a's.'

5 - 10x