

ARTICULATION EXERCISES

Tongue-twisters

Unique New York

New York Unique

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 block¹

Red Leather, Yellow Leather

She says she shall sew a sheet

What a to do to die today,
at a minute or two to two,
a thing distinctly hard to say,
but a harder thing to do.
For they'll beat a tattoo at two today
a rat a tat at two,
and the dragon will come when he hears the drum
at a minute or two to two today
at a minute or two today.

She stood on the balcony,
inexplicably mimicking him hiccupping,
and amicably welcoming him home.¹

A big black bug bit a big black bear and the big black bear bleed blue black blood.

Peter Piper picked a peck of pickled peppers; a peck of pickled peppers Peter Piper picked.

IN TOOTING TWO TUTORS ASTUTE
TRIED TO TUTE A DUKE ON A FLUTE
BUT DUETS SO GRUELLING
END ONLY IN DUELLING
WHEN TUTORS ASTUTE TOOT THE FLUTE

Lesser leather never weathered lesser wetter weather.

I scream, you scream, we all scream for ice-cream.

Amidst the mists and fiercest frosts,
With barest wrists and stoutest boasts,

He thrusts his fists against the post,
And still insists he sees the ghosts.

Vocal Exercises

Unvoiced

Pa Ta Ka Pa Ta Ka Pa Ta Ka Pah
Pa Ta Ka Pa Ta Ka Pa Ta Ka Paw
Pa Ta Ka Pa Ta Ka Pa Ta Ka Poo
Pa Ta Ka Pa Ta Ka Pa Ta Ka Pee
Pa Ta Ka Pa Ta Ka Pa Ta Ka Pay

Voiced

Ba Da Ga Ba Da Ga Ba Da Ga Bah
Ba Da Ga Ba Da Ga Ba Da Ga Baw
Ba Da Ga Ba Da Ga Ba Da Ga Boo
Ba Da Ga Ba Da Ga Ba Da Ga Bee
Ba Da Ga Ba Da Ga Ba Da Ga Bay

Any combination of the above exercises will be beneficial.

Get your hands involved. Massage the cheek muscles, the masseter, the lips and everywhere you dare to go. Holding and stretching the tongue can also be a great way to warm it up. Underneath the tongue is also another tension spot.

la la la la
lala lala lala
lalala lalala lalala

Then change the initial sound L, T, D, K, G etc.

Draw circles in each cheek with the tip of the tongue. Aim to make the circles as perfect as possible. Once you have completed 10 in one direction draw 10 more circles in the opposite direction. Do the same for the other cheek. You can vary the amount of circles in each cheek, however, try to match the amount on each side.