

VOICERCISES

LIFT - THE LIFT IS AN EXAGGERATED SMILE.

LIFT AND CONTRACT SO THAT THE EYES CRINKLE UP  
IN THE LIFT - 20 TIMES  
WITH THE LIFT IN, SAY "SEE ME PLEASE (REPEAT)  
"MY NAME IS (REPEAT) AS IF YOU'RE ASKING A  
QUESTION.

HUM - LIFT AND WITH THE LIPS CLOSED HUM.

THE NOSE - WITH LIPS PARTED, WRINKLE THE NOSE AS IF MAKING A  
FACE - ABOUT 20 TIMES.

EXERCISE -

SEAL	SAIL	SELL
ZEAL	ZAIL	ZELL
SHEAL	SHAIL	SHELL
SZHEAL	SZHAIL	SZHELL
CHEAL	CHAIL	CHELL
JEAL	JAIL	JELL

SING - "Drink to" USING THE WORD SEE.

THE LIPS - PUSH THE LOWER LIP OUT TILL IT PROTRUDES BUT THE  
CHIN IS STILL RELAXED  
PRETEND YOU'RE A HORSE 5 TIMES. CONTRACT THE LIPS  
AS IF TO KISS AND THEN LIFT SAYING:

WHITHER	MAN	PAN	VAN	FAN
WHETHER	MEN	PEN	VEN	FEN
WHENCE	MEAN	PEEN	VEAN	FEAN

SING - FOO.

THE JAW LIFT AND LET THE LOWER JAW FALL AND HANG AS IF IT'S  
HEAVY TILL THE JAW IS COMPLETELY RELAXED.  
WITH LIFT IN SAY:

KEEL	CALE	CALL
GEEL	GALE	GALL
HEEL	HALE	HALL
YEAL	YALE	YALL
RING	RANG	RUNG

SING - SAY.

THE TONGUE - LET THE TONGUE SPILL OUT TO THE LOWER LIP AND JUST HANG THERE TILL COMPLETELY RELAXED. THEN PUT THE TIP OF THE TONGUE TO THE ROOF OF THE MOUTH. SLIDE IT ALONG THE ROOF AND OUT OF THE MOUTH LIKE TOOTHPASTE - ABOUT 20 TIMES. THEN REVERSE THE EXERCISE AND LICK UP MILK LIKE A KITTY MAKING SURE THE TONGUE TOUCHES THE ROOF OF THE MOUTH AS IT GOES IN - ABOUT 20 TIMES.  
SAY: HAH LAH LAH LAH LAH (REPEAT)

LIE	TIE	DIE	THIGH	NIGH	THY
LAY	TAY	DAY	THAY	NAY	THEY
LAIN	TAIN	DAIN	THAIN	NAIN	THAIN

SING - LAH.

THE SOFT PALATE - PUT THE LIFT IN AND OPEN THE MOUTH AND YAWN LIKE A LION - 5 TIMES.  
SAY: HOW ARE YOU? (REPEAT)

HOW	MIGHT	WHAT
NOW	LIGHT	DOT
BROWN	SIGHT	SHOT
COW	KITE	GOT

HOW ARE YOU?  
YELL: YEAH. (REPEAT)

SING - VAW.

TO STRENGTHEN THE STOMACH MUSCLES, CONTRACT THE STOMACH MUSCLES AS IF YOU'RE TRYING TO TOUCH THE BELLY BUTTON TO THE SMALL OF THE BACK. CONTINUE BREATHING DURING THE EXERCISE, CONTRACTING THE MUSCLES AS LONG AS YOU CAN AND RELEASE AND REPEAT.