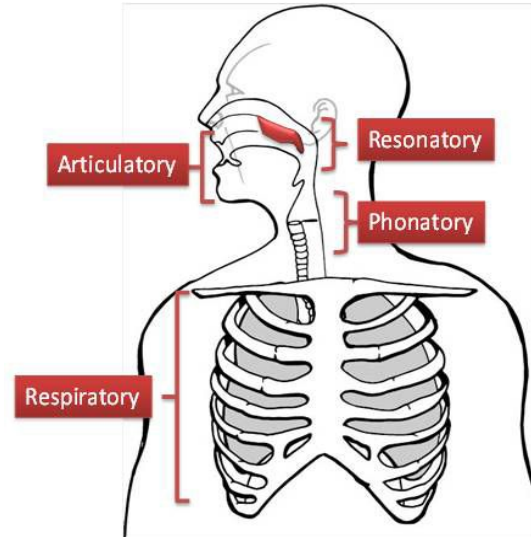


3) Phonatory System: Sustained Pitch

- Stand up tall. Take a deep breath in, and yawn when you exhale. It should be an easy, light yawn, and your throat should feel open and relaxed.
- Now say the vowel “ah” on a comfortable pitch and sustain this note. Stop before you run out of air. Do 3 times.
- Switch the vowel sound to “ooo” on a comfortable pitch and sustain this note, but stop before you run out of air. Do 3 times.
- Switch the vowel sound to “eee” on that same comfortable pitch, and stop before you run out of air. Do 3 times.
- Now say all three vowel sounds in one breath at the same comfortable pitch: “ahh - ooo - eee - ahh - ooo - eee”. Stop before you run out of air.



4) Phonatory System: Pitch Glide

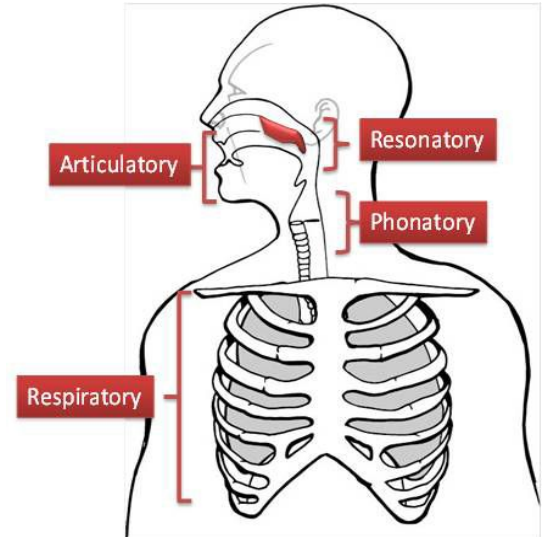
- Stand up tall. Say the vowel “ah”, starting at a comfortable pitch. Glide up a scale to the highest pitch that feels comfortable (no straining!). Hold the high pitch for as long as you can, but stop before you run out of air.
- Now say the vowel “ah”, starting on your highest comfortable pitch and glide down a scale to your lowest comfortable pitch (no straining!). Hold the low pitch for as long as you can, but stop before you run out of air.
- Now glide up and down the scale, starting at your lowest pitch and up to your highest pitch and back down, in one breath. Make sure you don’t strain at the low or high ends of your range.
- You can also use the vowels “ooo” and “eee” to complete this exercise.

5) Resonatory System: Humming

- Stand up tall. Take a breath in and exhale on a hum at a comfortable pitch: “hmmmmmmmm”.
- Place your fingers along the sides of your nose and lips while you’re humming - you should feel a buzzy vibration.
- The hum should be easy and effortless, and it may even feel soothing to your vocal cords.
- If you have a difficult time starting the hum, pretend you are answering a question in agreement and say, “Mmm-hmmm”. Now hold out the “hmmm” portion.
- Once you feel a nice, buzzy sensation along your nose and lips, you can glide up and down a scale on the hum going from low to high and high to low. Do 5 times.

6) Articulatory System: Face, Lips, and Tongue

- Stand up tall. Take a breath in and say the following: “May...Me..My...Mow...Moo”. Try to connect the words together by saying them in one breath, and stretch out the “mmm” sounds.
“Mmmmaaayyymmmmmmeeeeemmmmyyy yyymmmmmooooowwwmmmoooo”.
- Exaggerate your facial movements as you articulate the words - open your mouth wide as you say each sound.
- Now say the following words in the same pattern as above:
 - “Lay...Lee...Lie...Low...Lou”
 - “Bay...Be...By...Bow...Boo”
 - “Tay...Tea...Tie...Toe...Too”
 - “Kay...Key...Kye...Koe...Koo”
- Now challenge your articulators with the following tongue twisters:
 - “Red leather, yellow leather”
 - “Unique New York”
 - “She sells seashells by the seashore”
 - “Buttercup, buttercup, buttercup”



Thanks for reading! Contact me at juliecunninghamslp@gmail.com for more help with vocal warm-ups and voice projection!

*** As a disclaimer - you know your body better than I do. Please monitor the way your body feels. If you have pain or any health limitations that impact your ability to complete these stretches and exercises safely, please do not do them. None of these stretches or exercises should hurt or be painful, so if you feel pain - stop!***