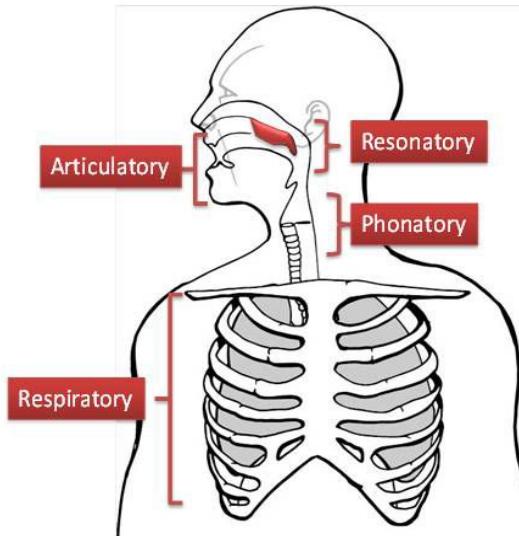


# Vocal Warm-ups

To keep your voice and speech systems efficient and functioning properly, complete the following exercises every morning or before you start talking.

## 1) Upper Body and Face Stretch

- Stand up tall. Roll your shoulders backwards in small circles 10 times. Now switch directions and roll your shoulders forwards in small circles 10 times.
- Gently drop your head down and roll your head side to side 10 times.
- Smile wide, stretching your face and cheeks outward. Then bring your lips together in an “o” shape (like you’re saying the vowel “oooo”). Alternate the smile and “o” shape 10 times.
- Open your mouth wide, like you’re saying “ahh”, to stretch out your lips and jaw 10 times.
- Get your lips moving by completing a lip trill with just airflow (no voicing). Do for 3 breaths.
- Now get your tongue moving by completing a tongue trill with just airflow (no voicing). Do 3 breaths.



## 2) Respiratory System

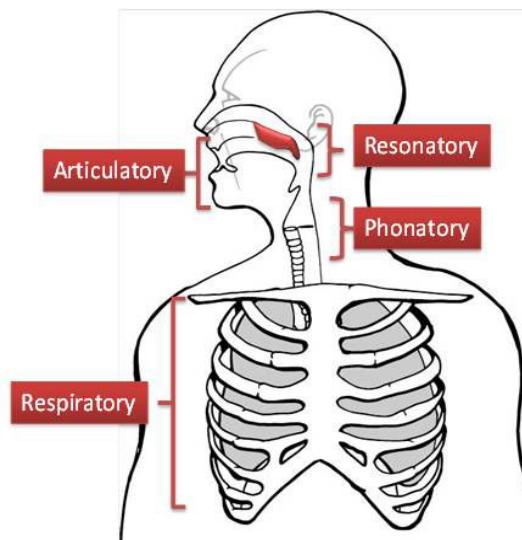
- Stand up tall. Roll your shoulders up, back, and then down, and lift your chest upward. Your chin should be neutral with the ground.
- Take a deep breath in through your nose, and watch your shoulders as you breathe in - your shoulders should *not* move.
- You should see the movement in your ribcage and stomach - your ribcage should go out and up, and your stomach should pop out.
- Inhale through your nose, and exhale through your mouth on the “s” sound: “ssssssssssss”. Do this 3 times.
- Now when you exhale, increase the volume of the airflow from soft to loud: “sssssSSSSSSSSSS”. Use your stomach muscles to control the airflow. Do this 3 times.
- Now go from soft to loud to soft on one exhalation: “sssssSSSSSSssssss”. Do this 3 times.

### 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 - ah - 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.

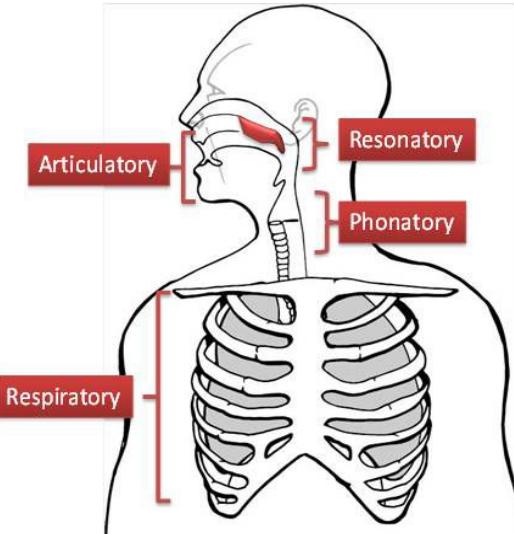


### 5) Resonatory System: Humming

- 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-hmm”. Now hold out the “hmm” 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.  
"Mmmmaayyymmmmmeeeeemmmmmmyyy  
yyymmmmmooooowwwwmmmmoooo".
- 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](mailto: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!\*\***