

# Daily Voice Exercises

*This routine is a great way to prepare your voice for pronunciation practice. You can also use this to warm up for any occasion including public speaking, interviews and oral exams. If you do these exercises regularly, they can help make your voice stronger and clearer.*

## Head & Neck Relaxation

1. Stretch the arms to the side, and up as far as possible
2. Tilt the head forward, back and to each side
3. Roll the head gently clockwise, then anticlockwise (x 3)
4. Roll the shoulders forwards then backwards (x 5)

## Face Warm-up

1. Massage your cheeks and jaw (30 secs)
2. Push your lips forwards as far as possible (like an exaggerated *OO*) then pull your lips back as far as possible (like you're saying *EE*) (x 10)
4. Clamp your teeth together, then open as wide as you can (x 5)
5. Push your tongue firmly against the inside of your mouth – teeth, roof, floor (30 secs)
7. Pretend you are chewing gum (30 secs)

## Breathing

1. Take a deep breath into the abdomen (the chest should not move) (x 3)
2. Say *HA, HA, HA, HA, HAA; HE-HE-HE-HE-HEE; HO-HO-HO-HO-HO* (x 3)
4. Breathe in through the nose; raise your face: flare your nostrils, raise your eyebrows and face muscles

5. Keeping the face 'raised', hum gently until you feel your face vibrate (30s)

### **Vocal production**

1. *MEE-MAY-MY-MAU-MOO*
2. *BEE-BAY-BY-BAU-BOO*
3. *NEE-NAY-NY-NOW-NOO*
4. *TEE-TAY-TY-TAU-TOO*
5. *SEE-SAY-SIGH-SAU-SOO*
6. *KEY-KAY-KAI-KAU-KOO*
7. *THEE-THEY-THY-THOU-THOO*
8. *FEE-FAY-FY-FAU-FOO*

You can vary this by changing the vowels and the consonants

9. *buzz-yah!-wow! (x 3)*
10. *mister whiskers – whisky mixers (x 5)*