



Presenter Promotions

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GREAT EXERCISES TO HELP YOU

(EXERCISES PRIOR TO READING)

1. SPEECH:

Pronounce the following consonants 3 times: P, T, K, D, L, S, G. (As in: Per, Ter,)

Recite the following 3 times: WITTY CRICKET CRITICS

Recite the following 3 times: SHE SELLS SEA SHELLS ON THE SEA SHORE

With a wide mouth repeat the following 3 times: LAR, LEE, LOO, LAY, LAR.

2. TONGUE (Do the following exercises 5 times each)

Poke your tongue out. Gradually pull it back into your mouth until the tip of your tongue is as far back, touching the roof of your mouth, as it will go.

Poke your tongue out and write your name with the tip of it.

3. BREATHING (Do the following exercises 5 times each)

Do some deep breathing exercises.

Inhale through your nose and hold for 10 seconds.

Exhale through your mouth.

Hum the lowest note that you are able to for 10 seconds.

You should be able to feel the natural resonance of your voice.

Hum a high note and gradually decrease its pitch until you can drop it no further. Hold this low note until your lungs are completely empty. You should now notice that you are able to hum a note noticeably lower than you were able to during the previous exercise.