

Tongue twisters

- Stand tall and straight, feet shoulder-width apart and flat on the ground, arms loosely hanging by your sides. Your posture is relaxed and you should feel comfortable.
- Brush your teeth with the tip of your tongue, working your way from tooth to tooth, top to bottom.
- Spit out the T's – 'Tut Tut', 'Th-Th-Th', 'The lips the teeth the tip of the tongue' and 'Toco-taco-ta'. Try speeding up each time until your tongue is moving at its fastest.
- Silently mouth the shape of all five vowels: A (ay), E (ee), I (ai), O (oh), U (oo) giving the face a nice stretch.
- Stick your tongue out as far as it will go and then try yawning at the same time.
- Do three lip rolls, making the sound *brrrrrrraaaaaah*.
- Clean and clear the focal folds – 'Guh, guh guh'. Get the tongue moving to shift and eliminate any grogginess that may be lingering.
- Now the word 'Gee' – keep the jaw still whilst rising up and down from your lowest to highest notes. Try to keep the larynx still without overreaching. Stay neutral and connected whilst exploring the very bottom and very top of your range.
- Take a deep breath in and then sigh the breath out.
- Pick one of the tongue twister phrases from the list opposite and practise its pronunciation. Make sure your tongue and lips move in the way they are supposed to, ensuring the start and end of each word is crisp. Each letter, sound and word must be pronounced clearly.
- Repeat each phrase three times gradually getting faster each time. If mistakes are made, stop and start again. Start slowly - accuracy is more important than speed.
- Be patient, some of these take a little time to get right.
- Repeat, repeat, repeat.

Enjoy!

With practice and patience, these diction exercises will help enormously to improve your tongue's flexibility and agility. This means you will not only sound great when you sing, but also be more captivating to your audience when they can actually understand the message behind what it is you're singing about.