Opening for Breath
1. Sit in a chair with your feet flat on the floor or lie flat on your back with your knees bent.
2. Place one hand on your chest and the other on your belly.
3. Close your eyes.
4. Take deep breaths into your belly. If this is a challenge while seated, try lying down or squatting.
5. Inhale and lift your shoulders to your ears and breathe out and let them fall. Do this a few times until your shoulders feel relaxed. They should rise during any of this work.
6. Lift your arms above your head and grasp your right wrist with your left hand. Exhale and gently pull your arm while tilting your upper body to the left. Imagine you are rounding a large ball with your upper body. Think “Up and Over”. Repeat this on the other side.
7. Inhale for four counts, hold for two counts, release for two counts.

Warming up your Face and Mouth
1. Form your lips into a tight fish kiss and then a wide exaggerated smile. Repeat.
2. Run your tongue along the inside of your upper and lower teeth twice in each direction.
3. Stick your tongue out as far as it will go.
4. Yawn.
5. Blow air out of closed lips or roll tongue along the roof of your mouth.
6. Massage your cheeks and masseter muscles.
7. Lift your eyebrows and open your eyes then squint your eyes and scrunch your nose.

Warming Up Your Body
1. Bend over and touch your toes *bend your knees as much as you need to.
2. Roll up slowly.
3. Make fist with both hands and release them. Repeat a few times.
4. Look over each shoulder. Hold for five seconds.
5. Roll your shoulders forward three times and backwards three times.
6. Swing your arms side to side and make big circles if it is comfortable.
7. Lean forward onto your toes, lean backwards onto your heels. Find center.
8. Bounce gently in your knees.
9. Do something physical to get your heart rate going: jumping jacks, go for a run, put on a good song and dance, etc.

Warming up Your Articulators

| One-one was a race horse.  
| Two-two was one too.  
| One-one won one race.  
| Two-two won one too. |

| Double bubble gum, bubbles double |

| I thought, I thought of thinking of thanking you. |

| Why do you cry, Willy?  
| Why do you cry?  
| Why, Willy?  
| Why, Willy? Why? |