

Vocal Warm Up



Information for Patients

Speech and Language Therapy Department
Community and Therapy Services



1. Stretch and Yawn

2. Breathing

Take your arms out and upward as you slowly inhale. Then breathe out as you move your arms slowly down.

Repeat this exercise – exhale through an “s” sound. Feel the diaphragm pulling and in as it pushes air out.

3. Oral Stretch

Keeping lips gently together, imagine chewing a marshmallow, which increases in size with each chewing movement.

Surprise lion – eyes and mouth open wide as possible, tongue stretched fully out.

4. Resonance

Vowel shaping – remember to keep jaw, cheeks and tongue loose.

Ah yee yee yee (lips spread)

Oh yoh yoh yoh (lips rounding)

Ow wow wow wow (lips rounding and open mouth)

Hey yey yey yey (lips spread)

5. Siren

Use an “ng” sound (as in sing) and make a siren noise.

Glide from your lowest pitch to your highest and back down again. Keep the sound as quiet as possible.

6. Muscularity with Words

Now that you are warmed up, put all these elements of good voice use production and say these words. Think of their meaning, qualities of sound and action. Pronounce each consonant – don't throw sounds away.

STRIKE SPARKS STEEL HARD DIPPED

SILENT STROKE SWAN

Contact Details for Further Information

If you require any further information please contact the Speech and Language Therapy Department on Tel: 01472 875405 for Grimsby and 01724 290043 for Scunthorpe.

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

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