

Articulation

1. **Wake up the face.** Allow all the muscles in the face to move around. Imagine that you are chewing thick spaghetti. Watch yourself in the mirror, and make note of any parts of the face that may not be responding.
2. **Face Push Ups.** Bring the corners of the lips back towards your ears into a *fake smile*, hold it there for a moment and feel the stretch. Then, suck the lips tight into a tiny *prune*. After that, poke the lips forward like a *snout*. Finally, stretch the tongue out of the mouth and open the lips as wide as you possibly can into a *lion*. Once you have mastered each one of these, go back and forth as quickly as you can between the *fake smile*, *prune*, *snout*, and *lion*.
3. **Relax the Jaw.** Massage the muscle covering your jaw hinge (the masseter) with your fingertips. Bring the heels of your hands to the masseter and gently draw it down towards your chin. Breathe deep and slow to allow the jaw to release.
4. **Loosen the Jaw.** Clasp your hands together and bend your elbows, as if you were arm-wrestling with yourself. Shake your hands up and down and let the movement gently release the bottom jaw, allowing it to wiggle up and down.
5. **Tongue Lifts.** Slide your tongue out onto your bottom lip and slowly raise it, so that it makes firm contact with the top lip. Repeat this several times, making sure that your jaw remains soft and still. Add vibration so that the sound becomes, "La, la, la, la, la." When this feels easy, bring the tongue inside the mouth, and raise it from the floor of the mouth up to the roof of the mouth behind the front teeth (onto the alveolar ridge). Repeat the sound once again.
6. **Tongue Rolls.** Bring the tip of your tongue behind your bottom teeth, and slide the centre of your tongue forward. Allow the sides of the tongue to remain wide and the jaw soft. Add vibration and vary your speed.
7. **Engage the Soft Palate.** Yawn nice and wide and feel the cool air hit your soft palate. Now bring the back of the tongue up to the soft palate and form a "K" sound. Make sure the sound is crisp and clean. Repeat several times.
8. **Buh Duh Guh.** To find dexterity in the lips, the tongue, and the soft palate, repeat this phrase several different times. When it becomes easy, reverse the sequence.