



## SHORT ACCENT PREP

*Make sure to use a mirror so that you can monitor your progress.*

*If you don't have a mirror you can always use the 'selfie' mode on your smartphone.*

### **Fish lips**

Stretch the lips forward as if you were puckering up for a kiss. The idea is to protrude the lips forward and keep the lips puckered up. Open and close the lips in this rounded position. The opening of the lips should be small, like the size of your pinky finger. Watch out that your lips don't start to lose their rounded shape and become horizontal. You could also imagine that you have eye lashes on your lips. You want to curl the eyelashes every time you protrude the lips outward.

### **Lower jaw massage**

Gently massage the jaw with your fingertips in small circles. Feel that tension melt away. Next, take the heels of your hands and gently massage downward as you allow the lower jaw to open and release.

Let the lower jaw gently open. Think of the lower jaw moving down and slightly forward to create this open space.

### **Tongue tension release roll**

Begin with the tongue tip resting at the gum ridge, behind the bottom teeth (home base). Roll the back of the tongue out of the mouth, keeping the tongue tip still at home base. Next, keep the lower jaw open as you retract the tongue back into the mouth and let it lie flat. You will feel the tongue root and pharynx working to lower the tongue flat in the mouth. The tip of the tongue should remain at the gum ridge behind the bottom teeth the whole time. If the tongue tries to raise from this position you can use a straw or your finger to gently pat it down. You are teaching the tongue to lie flat.

### **Tongue tip swirls**

Swirl the tip of the tongue around the outside of your teeth, lips are closed. Let the tongue tip travel from every top tooth to every bottom tooth in a clockwise motion. Repeat 5 times. Now reverse the tip of the tongue into a counter-clockwise motion. Repeat 5 times. You should feel the tongue tip and sides of the tongue wake up and feel more energised.

### **Soft palate raise**

Let out a big yawn. As you yawn try to keep the tongue lying flat with the tongue tip resting at home base. Can you feel your soft palate raise? Now add some sound. As you yawn let out some sighs.

Next, add some words. Start with the vowels, A - E - I - O - U. Yawn each vowel out. Next, start the action of a yawn, feel the soft palate raise then speak the vowels in your natural speaking voice.

### **Chest resonance**

Gently beat the upper chest with your hand as you hum. Relax the jaw, soft palate raised, the tongue lying flat with the tongue tip resting at home base. Feel the buzzing on your lips.

Next, keeping your hand on your chest and feel the vibrations resonate from the chest as you speak the vowels.