

Have Your Voice Heard! (Literally)

Presented by Merran Carr-Wiggin and
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Spread the words.

Guidelines

- **Say YES!!!**
- **We may not tell you why we are doing an activity until we are done the activity**
- **Not “one size fits all” approach**

Breath and Body

Activities

- **Breath**
 - Shhhhh Exercise
 - Swirly Breath
- **Posture**
 - Walling vs Pinning
 - Power Poses

Resonating sounds through different body parts

1. Uh: The sun is lovely on a Monday
2. Mahhh: My mother makes marvelous muffins
3. Chawh: Get off my Lawn
4. Whoa
5. Zu
6. Bah: Bad cat
7. Deh: Ted, get ready Ted
8. Hey: Hey it's Pay Day
9. Ki
10. Ri

Enunciation and Projection

Projection

- **Funnel Exercise**
- **Belly Button Exercise**

Enunciation

- **Jaw Movement**
- **Vowels Only**
- **Consonants Only**

Practice sentences

It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife

The night that Max wore his wolf suit and made mischief of one kind or another.

All happy families are alike; each unhappy family is unhappy in its own way.

In an old house in Paris that was covered with vines lived twelve little girls in two straight lines

I lived in books more than I lived anywhere else.

Here is Edward Bear, coming down the stairs now, bump bump bump, on the back of his head, behind Christopher Robin.

Sesquicentennial.

Vocal Variety

- **Rate**
- **Pitch**
- **Tone**
- **Volume**

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Sesquicentennial

Tongue Twisters

Tongue Twister

**The lips,
the teeth,
the tip of the tongue,
the tip of the tongue,
the teeth,
the lips**

Tongue Twister

**I'm not the fig plucker,
nor the fig plucker's son,
but I'll pluck figs
till the fig plucking's done.**

Tongue Twister

The sheet is slit.

Who slit the sheet?

**Whoever slit the sheet is
a sheet slitter.**

Questions?

Contact us with feedback and questions at:

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