

Articulation Warm Ups

Performance Theater

Articulation Preparation:

- ❖ Massage your face, scalp, back of head, neck, and jaw muscles
- ❖ Open face wide, stick tongue out, lift eyebrows, relax face
- ❖ Screw face up into tight ball, relax face
- ❖ Pucker and smile, alternate cheek lifts
- ❖ Chew an imaginary piece of gum
- ❖ Intone “Oo-Aw” (feel jaw close on Oo, open on Aw)
- ❖ Intone “Oo-Ee” (exaggerate lips forward on Oo and spread open on Ee)

Tongue-twisters:

- ❖ Unique New York
New York Unique
- ❖ To sit in solemn silence in a dull dark dock
In a pestilential prison with a life long lock
Awaiting the sensation of a short sharp shock
From a cheap and chippy chopper on a big black block
- ❖ Red Leather, Yellow Leather
- ❖ She says she shall sew a sheet
- ❖ She stood on the balcony,
inexplicably mimicking him hiccupping,
and amicably welcoming him home.
- ❖ A big black bug bit a big black bear and the big black bear bleed blue black blood.

- ❖ What a to do to die today,
at a minute or two to two,
a thing distinctly hard to say,
but a harder thing to do.
For they'll beat a tattoo at two today
a rat a tat at two,
and the dragon will come when he hears the drum
at a minute or two to two today
at a minute or two today.
- ❖ Pitter pitter patter go the raindrops, raindrops.
Pitter pitter patter on the windowpane.
- ❖ Rubber baby buggy bumpers
- ❖ Lesser leather never weathered lesser wetter weather.

Vocal Exercises:

- ❖ Pa Ta Ka Pa Ta Ka Pa Ta Ka Pah
Pa Ta Ka Pa Ta Ka Pa Ta Ka Paw
Pa Ta Ka Pa Ta Ka Pa Ta Ka Poo
Pa Ta Ka Pa Ta Ka Pa Ta Ka Pee
Pa Ta Ka Pa Ta Ka Pa Ta Ka Pay
- ❖ Ba Da Ga Ba Da Ga Ba Da Ga Bah
Ba Da Ga Ba Da Ga Ba Da Ga Baw
Ba Da Ga Ba Da Ga Ba Da Ga Boo
Ba Da Ga Ba Da Ga Ba Da Ga Bee
Ba Da Ga Ba Da Ga Ba Da Ga Bay
- ❖ Bee Baw Bee Baw
Tee Tee Tee
Bee Baw Bee Baw
Tee Tee Tee
Tsssss Ahhhhhh