

## 1. Lip Exercises

- a. Stretch your lower lip over the upper lip, then stretch the upper lip down over the lower one. Alternate this process with increasing rapidity.
- b. Pucker your lips as tightly as possible, then widen them vigorously. Do this slowly 10 times, then do it another 10 times rapidly. Relax and repeat.
- c. Repeat the following syllables slowly, then increase your speed, exaggerating your lip movements:

be-me-be-me-be-me-be-me  
bo-po-bo-po-bo-po-bo-po  
flee flee flee flee flee  
vro-vro-vro-vro-vro-vro  
whee-who-who-who-who  
blee-be-kee-blee-bee-kee  
mla-mla-mla-mla-mla-mla  
flack-mack-flack-mack

- d. With your jaw and tongue relaxed in a normal position, try to use only your lips as you read the following vowel sounds. Make a distinct change between each:

ah-aw ah-aw ah-aw ah-aw  
ay-oh ay-oh ay-oh ay-oh  
ee-oo ee-oo ee-oo ee-oo

- e. Now, with your lips and tongue relaxed, pronounce the following vowel sounds by closing and opening your jaw:

ee-oo ee-oo ee-oo ee-oo  
oo-aw oo-aw oo-aw oo-aw  
ee-aw ee-aw ee-aw ee-aw  
ee-ah ee-ah ee-ah ee-ah