

Voice Warm-Ups

Get your voice ready to speak

— The three-minute routine

1

Belly breaths (30 seconds): hand on your belly, breathe in slowly, then breathe out counting to five. Three times.

2

Wake up your mouth (45 seconds): three big yawns, buzz your lips like a motorboat, then chew a giant pretend piece of gum.

3

Tongue twisters (60 seconds): pick three from below and say each one three times, a little faster each round.

4

Find your loud (45 seconds): say your first sentence so someone in the next room could hear you, without shouting.

— Tongue twisters (say each one three times)

- Red lorry, yellow lorry.
- She sells seashells by the seashore.
- Unique New York, New York unique.
- A proper copper coffee pot.
- Toy boat, toy boat, toy boat.
- Six sleek swans swam swiftly.

— Do it right

- Stand up and shake out your arms first.
- Warm, not loud. You are loosening up, not yelling.
- Slow down and finish your words.
- Do it with a grown-up so it feels like a game.

PARENT TIP

Ninety seconds in the car before drop-off is plenty on presentation days. Join in so it feels like play, not a test.