

## Voice and Lip Exercises

Do \_\_\_\_\_ repetitions of each exercise.

Do \_\_\_\_\_ times each day.

1. Close your lips tightly together, say “MMM.” Relax.
2. Open mouth slowly, say “AH.” Close mouth slowly, bring lips close together, say “MMM.”
3. Pucker your lips, hold and say “OOO.” Relax.
4. Spread lips into a big smile, hold and say “EE.” Relax.
5. Pucker, hold and say “OOO,” smile, hold and say “EEE,” then relax.  
Transition should be smooth and steady.
6. Open your mouth, then try to pucker with your mouth wide open, hold, say “OH.”