

**ARTICULATION EXERCISES: LIP, TONGUE AND JAW**

**Always use a MIRROR \*\*15 min. Mouth & Tongue Video on ClearEnglishcoach.com.\*\***

These exercises strengthen the muscles of your mouth, lips, tongue and jaw so you can articulate the sounds of English more easily and clearly. It takes strength, control, coordination and concentration. It takes a minimum of **three months (90 days) of daily exercise** to strengthen your muscles to speak clearly. Use a mirror to watch your muscles, so you can train your brain to find them and start new connections.

Warm up: **HEE HEE HEE**



**HA HA HA**



**WHO WHO WHO** repeat



1. This exercise is for the sounds of /sh/, /ch/, /kw/, /w/, /E/, /A/ and /r/.

**KISS/ FISH**

Pucker your lips.  
 Count to 10. Repeat.



**BIG SMILE**

Count to 10. Repeat.



2. This exercise is for the sounds of /f/, /v/, /p/, /b/ and /m/.

**ANGRY DOG**

Place your upper teeth  
 on your bottom lip.  
 Raise your upper lip.  
 Count to ten.



**NO LIPS**

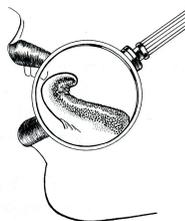
Close your lips together  
 so you cannot see your  
 top or bottom lip.  
 Count to ten. REPEAT.



3. This exercise is for the sounds of /l/, /r/, /th/, and /z/.

**TONGUE CURL**

Double your tongue back and  
 stretch as far as you can  
 without touching the roof of  
 your mouth.  
 Count to 10. REPEAT.



**POINT YOUR TONGUE**

Stretch & point your tongue straight  
 out. Keep the tip pointed and level,  
 not curved up or down.  
 Count to 10. REPEAT.



If your tongue shakes or is not straight, it means your muscles are weak. Exercise strengthens them. **Do all these exercises two times a day, when you brush your teeth.**

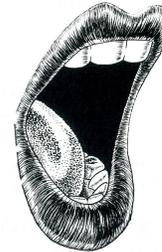
4. This exercise is for the sounds of **/r/ and /uh/** in English. This is hard. Your tongue may not move at all. That is why the **/r/** sound is difficult for you. Exercise every day.  
It may take 30 days of exercise to make your muscle strong.

### **SCRAPING YOUR TONGUE**

Touch the tip of your tongue to the back of your bottom teeth.  
Slowly scrape the tip of your tongue down against the floor of your mouth, moving it backwards. Push your tongue down and back.

**Do NOT let the tip of your tongue point up at anytime!**

Do this 10 times. Relax. REPEAT.



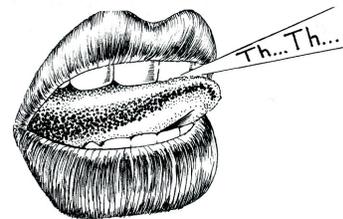
5. This exercise is for the **/TH/** sounds of English. This takes practice.  
Every time you say **/TH/** you **must stick the tip of your tongue out** between your teeth.  
There are two **/TH/** sounds: **voiced** (air vibrates in) - *they, them, mother, father*  
**unvoiced** (blow air out) - *three, thank, month, mouth*

### **BLOWING AIR BETWEEN YOUR TEETH**

Separate your teeth. Stick out your tongue a little bit between your teeth. Keep your tongue between your teeth. Air comes out in the center of your tongue.

**Blow air out in one steady stream.**

Count to 10 silently. Relax. Repeat THREE times.



6. This exercise is for **ALL the VOWEL SOUNDS** of English. The back of the tongue muscle must be strong enough to be in a **down position**. This allows a lot of air to come from the throat. English uses a lot of air. The jaw is open inside the mouth. It is only when this muscle is strong that you will easily pronounce the two **/th/** sounds, the **/l/** sound, the **/r/** sound and **all of the vowel sounds!!!!** *This might be the most important exercise of your life!*

### **GOING TO THE DOCTOR /ah/**

**Open your jaw. Touch the tip of your tongue to your bottom teeth and move just the back of your tongue down.**

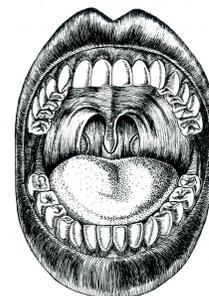
KEEP your tongue touching your teeth. YAWN big. Say **/ah/**.

**Move only the back of your tongue down.** Look for your "uvula."

Your tongue must touch your teeth at the same time it moves down.

LOWER the BACK of your TONGUE down slowly 10 times.

Repeat several times a day.



7. Slide lips side to side...equal distance...Kiss sound on each side 4-5 times  
8. Open Jaw to control speech: Extend Tongue out - UP - DOWN - RIGHT - LEFT 3 times  
9. Control: Circle tongue – trace the lips w/tip of tongue 2 times clockwise & counter clockwise

**\*\*Additional videos on my Youtube Channel: <https://www.youtube.com/c/Clearenglishcoach>**