Voice and Diction Tongue Twisters and Mouth Exercises

- 1. Betty bought a bit of butter. But, the butter Betty bought was bitter. So, Betty bought a bit of better butter, to make the bitter butter better.
- 2. Frivolous, fat Fanny fried fresh fish furiously, Friday forenoon, for four famished frenchmen.
- 3. A tutor who tooted the toot, tried to tutor two tooters to toot. Said the two to the tutor, "Is it harder to toot, or to tutor two tooters to toot?"
- 4. She sells sea shells by the sea shore. The shells that she sells are sea shore shells.
- 5. Peter Piper picked a peck of pickled pepper. Where's the peck of pickled pepper that Peter Piper picked?
- 6. Rubber baby buggy bumpers. (Repeat 5 times)
- 7. Red leather, yellow leather. (Repeat 5 times)
- 8. Unique New York. (Repeat 5 times)
- 9. Toy Boat (Repeat 5 times Fast!)
- 10. Black bug's blood (Repeat 5 times Fast!)

Exercises for warming your mouth

- 1. Open your mouth as wide as you can, then relax. Then try to make your mouth as small as you can, and relax.
- 2. Chew on an imaginary wad of gum. Make it the biggest wad of gum ever.
- 3. Blow raspberries (just make sure you aren't too close to someone else at the time)
- 4. Blow air through your lips while they are relaxed, until you feel your lips tingle from vibration.
- 5. Do all of the above mentioned tongue twisters as quickly as possible.

Speech Warm Up

- A big black bug bit a big black bear and the big black bear bled blood.
- The deadly dagger and the dire dudgeon dangled in the dank dark dungeon.
- Cecily sells seashells by the seashore where the sun shines on the shop signs.
- A tutor who tooted the flute
 Tried to tutor two tooters to toot
 Said the two to the tutor
 Is it harder to toot
 Or to tutor two tutors to toot?
- Whether the weather be fair
 Or whether the weather be not
 Whether the weather be cold
 Or whether the weather be hot
 We'll weather the weather, whatever the weather
 Whether we like it or not.
- Zany Zelda severs seen silky sutures
- Pretty Polly polishes pearly pewter platters
- Peter Piper picked a peck of pickled peppers
 A peck of pickled peppers, peter piper picked
 If Peter Piper picked a peck of pickled peppers,
 Where's the peck of pickled peppers Peter Piper picked.
- At a minute or two to two
 A thing distinctly hard to say
 But harder still to do
 For they'll beat a tatoo at twenty to two
 A rat-a-tat, rat-a-tat-tat-, rat-a-tat-tat, two
 And the dragon will come
 When he hears the drum
 At a minute or two to two today
 At a minute or two to two
- Give me the gift of a grip top sock
 A clip drape ship, shape tip top sock
 Not your spiv slick slap stick slip shod stock
 But a plastic elastic grip top sock

None of your fantastic slack swop slob
From a slap dash flash cash haberdasher shop
Not a knick Knack Knit lock knock kneed knickerbocker sock
With a mock shot, blob mottled, trick ticker tock clock
Not a rucked up, puckered up, flop top sock
Nor a super, sheer seersucker, pucka smack smock sock
Of a hotch potch moss blotched scotch block
Nothing slip shod, flip flop, drip drop or glip glop
Tip me to a tip top grip top sock

Repeat the following phrases over and over:

- Kinky Cookie
- Topeka Topeka Topeka
- Giggle Gaggle
- Bodega Bodega Bodega
- Lillie Lolli
- Toy Boat
- Will you William, will you William, will you William
- Eleven benevolent elephants
- Choose orange shoes