

Warm-up Play : The Tongue
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Wake Up

- Toning: sing a long, slow tone on a full exhalation. Repeat while doing the exercises below, once you have mastered doing the movements silently. You are training independence of the tongue (where language is made), the jaw (which remains quiet and open for singing), and the throat (where tone and pitch are made).
- Movement qualities: small, slow, flexible, gentle, soft
- Check frequently to see if you are still inhaling and exhaling or if you're holding your breath. The breath flow needs to be independent of tongue movement in order to create language with a good tone and smooth line.
- Attitudes: playful, accepting, attention-shifting, observing what's there

Play with the Tongue

- Like a pilot checks out the airplane controls to prepare for takeoff
- The tongue: "Flaps up, flaps down"
- These exercises develop flexibility and control of the tongue which is a major player in creating vowels and shaping resonance. An accurate vowel then creates a beautiful tone.

- **Tongue Exercises**
 - **Silent work:** tip touching on back of bottom teeth, raise & lower middle & back of tongue. If you can't feel this movement, lightly touch the back of the tongue with a straw or look in a mirror. Many people have to learn to feel movement of any kind in the tongue so hang in there.
 - Lift and lower tip of tongue slowly and delicately.
 - Alternate raising the back of the tongue with raising the tip of the tongue.
 - Move the tip of the tongue slowly Right & Left, sliding the tip along the back of the bottom teeth.
 - Twist the tongue: lift R side to roof of mouth, L side to floor of mouth; then reverse the direction of the twist.
 - Slide tongue in and out over bottom lip
 - Circle tip around open lips, clockwise and counterclockwise. When you find a place where there is more tension, move delicately back and forth over that spot 4-5 times, then continue until you find another spot, and repeat a few delicate movements there. Continue around the circle of the lips.
 - **Sound work:** all of the above on 'uh' with toning first and then with simple little melodies. Try different vowel sounds and notice how the shape of the tongue changes to accommodate making the different vowels.