

Humming exercises

Practice schedule: 5 minutes, 3 times a day (or more!)

- Sit straight in a chair
 - Close your lips
 - Relax your jaw and shoulders. Make sure your jaw is not clenched
1. Say “mmm” gently at a comfortable note (pitch) for 3 to 5 seconds
 2. Repeat during 2 minutes

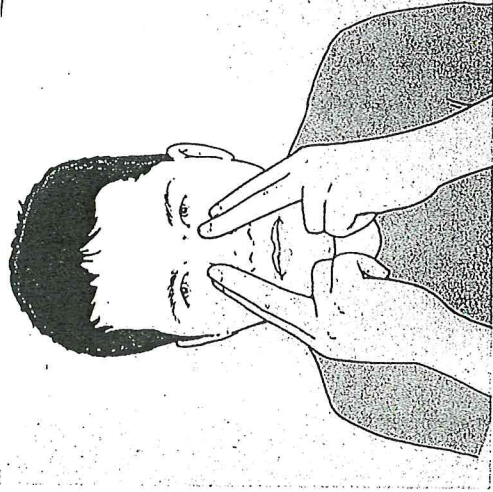
“mmmm.....” *breathe* “mmmm....” *breathe* “mmmmmm.....” *breathe* “mmmm.....”

3. Go up and down while humming, like a police siren. Make sure to relax your jaw and your face.



Things to remember:

- Don't push the air, be gentle
- Try to feel the vibration (or resonance) “in front of your face” (see picture)



Picture taken from The Source® for Voice Disorders, LinguiSystems