



Département d'orthophonie | Speech-Language Pathology Department

## Humming exercises

(also called “easy voice vibrations”)

- Sit straight in a chair.
  - Close your lips.
  - Relax your jaw and shoulders. Make sure your jaw is not clenched.
1. Say “mmm” gently for 3 to 5 seconds
  2. Take a breath and repeat for 2 minutes

“mmm....” *breathe* “mmm....” *breathe* “mmm....” *breathe* “mmm....”

Things to remember:

- You should not force while performing this exercise – be gentle!
- Try to feel the vibrations on your face, especially on the sides of your nose.