

REGULAR 3 MINUTE VOICE REGIME

Sip a warm drink e.g. lemon, honey and warm water.

Standing comfortably, check postural alignment and centre balance.

Cross working – lift left knee and touch with right hand
back to standing
lift right knee and touch with left hand
repeat.

Centre balance again and do Lion Exercise.

Elastic recoil exercise.

Lift arms whilst breathing in and clasp hands above head.
Lower arms whilst breathing out.
Repeat.

Lift arms whilst breathing in and clasp hands over head - but this time
push clasped hands down in front of body with a short voiced “HA” on
exhalation.

Grumpy monkey and cheeky monkey exercises.

Yawn.

Tractor without and with sound.
Speak –“ mmah, mmah, mmah.” With energy.
Pigeons to “oo”.
Sirens to “NG” ascending and “AH” descending.
Hum a note in middle register and open to repeated “MIMS”
Repeat and add “OO”.
Repeat and add “AH”.

All exercises can be practised seated if necessary.

Vocalise can be added if required.