

Think BIG and LOUD

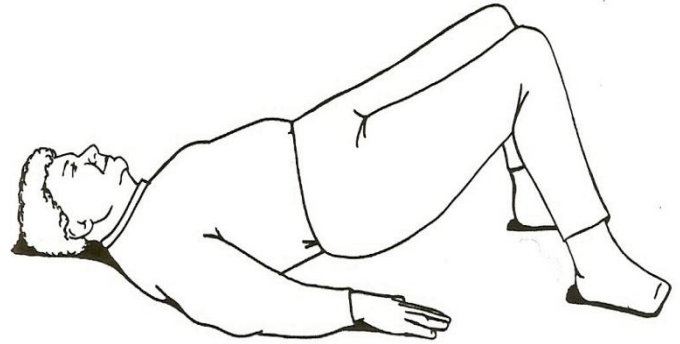
Exercise 1: Lower Trunk Rotation

Deep Breathing: Left to Center Inhale
Center to Right Exhale



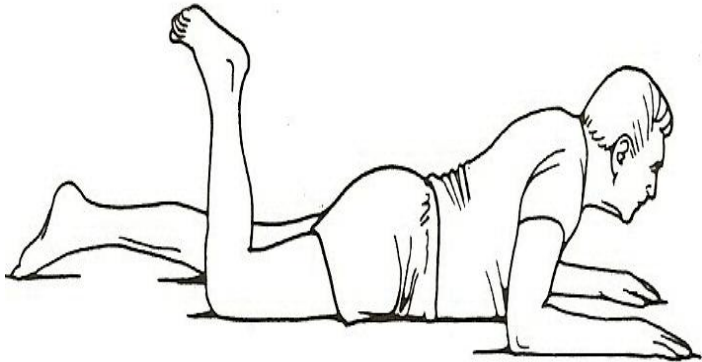
Exercise 2: Bridging

Voice: On the floor start with a **LOUD** "AH". Go **UP** the scale as your bridge ascends. Go **DOWN** the scale as your bridge descends.



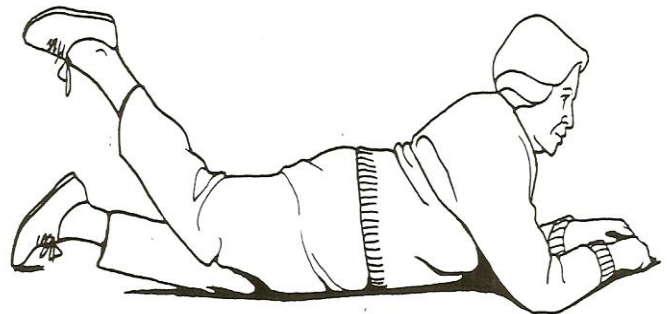
Exercise 3: Prone Knee Flexion (Heel to buttocks)

Voice: Say /ah/ as loud as you can & as long as you can in your best loud voice for 2 repetitions.



Exercise 4: Prone Hip Extension

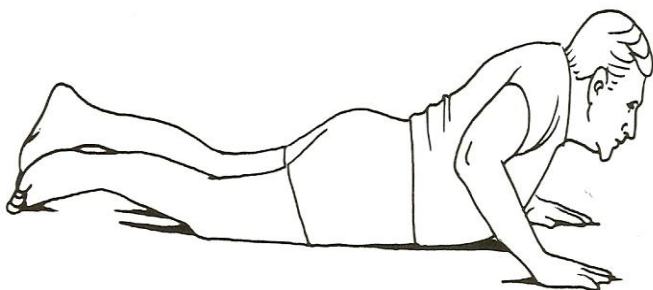
Voice: In a loud voice, count to 10 while doing 10 repetitions on each leg (2 sets).



Exercise 5: Back Extension

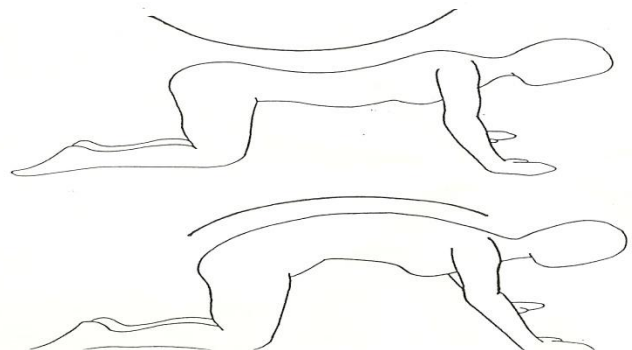
Voice: Say /ah/ as loud as you can & as long as you can in your best loud voice for 2 repetitions.

HEAD UP!



Exercise 6: Cat (sag) and Camel (arch)

Deep Breathing: In through the nose and out through the mouth

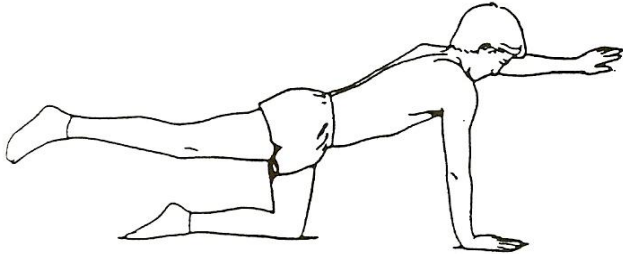


Opening your mouth wider while talking increases your volume by 6dB!

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Exercise 7: Opposite Arm and Leg Extension

Deep Breathing: In through the nose, out through the mouth.



Exercise 8: Kneeling Hip Extension

Exercise 9: Kneeling Hip Rotation Left to Right

Exercise 10: Kneeling Trunk Lateral Flexion

Let's All Sing.....



Take me out to the Ball Game

Take me out to the ball game
Take me out to the crowd
Buy me some peanuts and cracker jacks
I don't care if I ever get back
And it's root, root, root
for the home team
If they don't win, it's a shame
Cause it's one, two, three strikes
You're out
At the old ball game

New York, New York

*Start spreading the news
I'm leaving today
I want to be a part of it, New York, New York
These vagabond shoes
Are longing to stray
And make a brand new start of it
New York, New York
I want to wake up in the city that never sleeps
To find I'm king of the hill, top of the heap
These little town blues
Are melting away
I'll make a brand new start of it
In old New York
If I can make it there
I'll make it anywhere
It's up to you, New York, New York.*

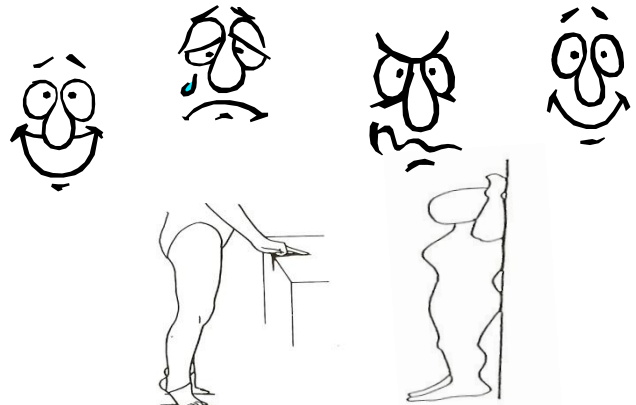
Do-Re-Mi

Doe, a deer, a female deer
Ray, a drop of golden sun
Me, a name I call myself
Far, a long, long way to run
Sew, a needle pulling thread
La, a note to follow Sew
Tea, a drink with jam and bread
That will bring us back to Do (oh-oh-oh)
Do-re-mi-fa-so-la-ti-do

Exercise 11: Push Up on Toes

Exercise 12: Arm Raise with Back Against Wall

Oral Motor Exercises: Frown, Smile, Pucker, Blink



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