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.

**Exercise 6: Cat (sag) and Camel (arch)**
Deep Breathing: In through the noise 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.

![Opposite Arm and Leg Extension](image)

### 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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