

The Tongue

Facts

- Its primary function is to move food around the mouth and push it down to begin the process of swallowing.
- One of the strongest muscles in the body.
- Probably the most important of the articulators.
- Has a major role in shaping the oral cavity of the mouth, with a large range of shape possibilities for any vowel.
- Most of the tongue cannot be seen, and we have very little awareness of what it is doing.
- Pulling the tongue back can decrease resonance, so a high, fronted tongue tends to be the most sought after position.

Stretches

- Stick the tongue out as far as it will go, and hold for 30 seconds, making sure you are not tightening your neck muscles.
- Move the tongue tip around the outside of the teeth, making sure you run it over all your teeth. Do this in both directions.
- Precede vowels in exercises, or even pieces, with an unvoiced /th/. Aiming to then apply and transfer the sensations into the text of the song/exercise.

Tongue twisters

- Red leather, yellow leather
- Mixed biscuits
- Purple paper people
- The tip of the tongue, the teeth, the lips
- A proper cup of coffee in a proper copper coffee pot