

LESSON 0

PRONOUNCIATION COURSE



Training your articulation is just like training your body in the gym. And what do we do before lifting any weights? Of course, we need to warm up a little bit!

Same here. Before even thinking of learning a new sound, you need to prepare your “articulation base” muscles.

Here are some of the exercises that will help you in your trainings.

1. “Pipe lips”. Put your lips in a tubule and move them up and down, and from side to side for at least 30 seconds.
2. Biting your tongue. Slightly bite your tongue, moving it back and forth and side to side for at least 30 seconds.
3. Tongue between teeth and lips. Try to press on the area between your teeth and lips. You need to stretch the skin here. Guess what? try for at least 30 seconds:)
4. Dropping your chin. Drop your chin down a little and (carefully!) move it from side to side for at least 30 seconds.
5. “Horse snorting.” Try to imitate a horse snorting sound. It’s very important to do this exercise in the end because it helps to relax the muscles.

Now you are ready to work! Good luck!