

Articulation Practice

Articulation practice is best done everyday, to create stronger tongue and jaw muscles and have the most optimum control over how we speak and present ourselves and our messages.

The basics: Used for basic muscle building. These use the groupings of muscles in the tongue and jaw. These are great for those quick moments in which you're just working on strength. These can be spoken while driving, or getting ready in the morning, or even on the way to round.

- Cinnamon, Aluminum, Linoleum, Petroleum
- Chrysanthemum, Geranium
- Red Leather, Yellow Leather, Lavender Leather

Some Classics: These are a little more in depth, and excellent for use in strengthening muscles.

- Peter Piper, the pickled pepper picker, picked a peck of pickled peppers. If Peter Piper, the pickled pepper picker, picked a peck of pickled peppers, where's the peck of pickled peppers that Peter Piper, the pickled pepper picker picked?
- Sally, the seashell seller, sells seashells down by the seashore.
- How much wood would a woodchuck chuck if a woodchuck could chuck wood?
- I like New York, Unique New York, I like unique New York.

Artic Practice that focuses on emphasis: These are used to help students not necessarily strengthen muscles, but to play with the ways that we're using language to make the best points.

- Mr. Inside and Mr. Outside went to the riverside alongside a landside.
- If two witches watched two watches, which witch would watch which watch?
- The seaman sees seas that he will seize.
- One-One was a racehorse, Two-Two was one too. When One-One won the race, Two-Two won one too.

Some other great ones: These are more difficult.

- The sixth sick sheik's sixth sheep's sick. (The Guinness Book of World Records has pronounced this the hardest tongue twister ever made. So far.)
- All I want is a proper cup of coffee, made in a proper copper coffee pot. I may be off my dot, but I want a cup of coffee from a proper coffee pot. Tin coffee bops and iron coffee pots are of no use to me. If I can't have a proper cup of coffee in a proper copper coffee pot, I'll have a cup of tea.
- Imagine an imaginary menagerie manager managing an imaginary menagerie.

Some short ones: These should be done 3x each, and are useful for quick tune-ups.

- Six sticky skeletons
- Stupid superstition
- Eleven benevolent elephants
- Truly rural