

# TONGUE TWIST

Designed to help 4-H members:

- Learn how to speak clearly and crisply.
- Be understood by more people.

Did you know that to speak clearly you need at least three things working for you? These three things include the lips, the jaw and the tongue.

- The lips act as gates, sending the sound out or sending the sound through the nasal passage.
- The jaw acts like a hinge.
- The tongue takes on all sorts of shapes to help you formulate the sounds you make. The tongue needs all the space it can get.

When any one of these three items gets lazy or too tight, then your sound is affected. Sometimes a lazy tongue can make us sound as if we are mumbling. Lazy lips can make sounds hard to distinguish. A jaw that is too tight can restrict your sounds and make you appear snobbish.

So, getting all three - the lips, the jaw and the tongue - working together is important. The following exercise will help you develop clarity and a clean crisp voice. Nobody likes soggy chips. Nobody likes a 'soggy' voice either!

## The activity:

1. Read silently each of the ten sentences that follow. You'll notice each sentence 'works' on either the lips, the jaw or the tongue.
2. Read aloud to yourself or with a partner.
3. You may want to tape yourself.
4. Remember, it's not how fast you go, it's how clear you are.

## Articulation Exercises

1. She stood at the door of Burgess' Fish Sauce Ship, mimicking him.
2. Does this shop stock short socks with spots?
3. Theophilus Thistle, thistle sifter, sifted a sieve of unsifted thistles; what is the sieve of unsifted thistles Theophilus, the thistle sifter, sifted?
4. I saw a yacht and a yawl over yonder yesterday.
5. The guests drink toasts at the host's behest, 'til one insists that the host fast while he feasts and persists in his boasts.
6. Six silky, slithering snakes slid along, simpering and slyly sneezing, slipping sleazily from side to side.
7. Prize lizards sizzle in a drizzle, lazy lizards require a blizzard to sizzle.
8. Machines murmured while Manning moaned, meaning nothing.
9. The sixth sheik's sixth sheep is sick.
10. Enthusiastic thousands thronged through the thoroughfare, thrusting themselves into the thick of the thirty-third subway.

You may want to develop a few similar phrases if you have a lot of 8 or 9 year olds. Some of these words are pretty big!

- Taken from 4-H Speak Pack - a resource available to all 4-H clubs through 4-H Publications