Tongue twisters for clear speech

A five-minute warm-up for clear speech before a talk, a recording or a take.

Clear speech depends on warm, relaxed muscles more than on volume. Run this sheet for about five minutes before you present or record: slowly first, then at a natural pace, then with the stress on the important words.

How to run it

1. Stand or sit upright with your shoulders loose. Take three slow breaths, with each breath out longer than the breath in.
2. Open and close your jaw slowly, then make each vowel sound with an exaggerated lip shape.
3. Read the first twister slowly, one word at a time, with every consonant clear.
4. Read it again at a normal speaking pace and keep the consonants clean.
5. Work through the rest of the sheet, slow first and then faster. Stop before the words start to blur.
6. Finish by saying two or three sentences from your own talk, stressing the important words.
7. Sip room-temperature water. If you have not eaten, have a small snack that is not chocolate.

The twisters

No.	Twister	Slow	Speaking pace	Faster
1	Red lorry, yellow lorry.	☐	☐	☐
2	Unique New York, unique New York.	☐	☐	☐
3	She sells seashells by the seashore.	☐	☐	☐
4	Peter Piper picked a peck of pickled peppers.	☐	☐	☐
5	Betty Botter bought some butter, but she said the butter's bitter.	☐	☐	☐
6	How much wood would a woodchuck chuck if a woodchuck could chuck wood?	☐	☐	☐
7	Six sick hicks nick six slick bricks with picks and sticks.	☐	☐	☐
8	Toy boat, toy boat, toy boat.	☐	☐	☐

Tick each pass as you finish it. Stop before the words start to blur.

Your own lines

Write the first two or three sentences of your talk here. Say them aloud after the twisters.

Watch for

Racing through the twisters so the words blur. Warming up loudly and then speaking quietly. Use the volume you plan to speak at. Stopping after the sheet. Say a few lines of your own material afterwards. Chocolate or fizzy drinks just before you speak.

Watermarked preview. Get the clean file free at www.granary.digital/guides.html