



ah	awesome
ah	awful
ah	law
ah	go
ah	own
ah	gold



3) The word “awe” puts your lips and cheeks in a position to have the best oral resonance. This position is the reverse of a smile, which pulls the lips back and tenses the cheeks. Say the word “awe” before each number as you count from one to ten to feel the relaxed, forward position of the cheeks and lips.

- Awe—1, awe—2, awe—3, etc.



4) To increase the opening in the back of the mouth, make a fist with your hand and extend the index and middle finger slightly. With these fingers still in a bent position, place the knuckles against your cheek with your thumb toward the ground (see photograph). The desired effect is to use the knuckles of your two bent fingers to measure an opening of an inch or more between your molars. Press these fingers against your cheek and open your mouth enough to push your knuckles between your molars. You may want to use both hands so each side of your jaw is open wide. This creates a wide opening in the back of the mouth. With your fingers in this position, say these words (they may sound distorted):

- go, go, go, go
- awe, awe, awe, awe
- ah, ah, ah, ah
- at, at, at, at
- all, all, all, all
- yard, yard, yard, yard



Use the knuckles of your index and middle fingers to measure the opening between your molars.

Courtesy of Dave Cupp, News Director, WVIR-TV, Charlottesville, Virginia.

5) Preserving the feeling of the last Warm-Up, leave your bent fingers against your cheeks. This time let them be a gauge of the amount of opening sustained while speaking. You will feel your teeth come together for some sounds, but try to maintain the wide opening when possible. Repeat these sentences, working to open the back of the mouth:

- Good afternoon. This is News-break, and I'm [your name].
- Fighting broke out again today between rival forces.
- Winter promises to bring bitter cold to the Washington area.
- A victory today for abortion rights supporters.