Articulation Exercise

Over Articulation: Clarity & Agility
Objective: Over-articulating as you read is a great exercise to stretch the articulator muscles and increase flexibility & agility. The looser the articulator muscles are, the easier and more precisely they move in everyday speaking

Exercise:
- Read the following text out loud. Speak it with energetic & exaggerated movements of the jaw, tongue and lip muscles. RELAXED, but energized movement
- Your articulation muscles should feel noticeably tired and worked after this exercise.

When You're Lying Awake
Libretto by William S. Gilbert

When you're lying awake with a dismal headache, and repose is tabooed by anxiety, I conceive you may use any language you choose, to indulge in without impropriety; For your brain is on fire - the bedclothes conspire of usual slumber to plunder you; First your counterpane goes, and uncovers your toes, and your sheet slips demurely from under you.

Then the blanketing tickles, you feel like mixed pickles - so terribly sharp is the pricking, And you're hot and you're cross, and you tumble and toss til there's nothing twixt you and the ticking.

Then the bedclothes all creep to the ground in a heap, and you pick 'em all up in a tangle; Next your pillow resigns and politely declines to remain at its usual angle.

Well you get some repose in the form of a doze, with hot eyeballs and head ever aching, But your slumbering teems with such horrible dreams that you'd very much better be waking.

You're a regular wreck, with a crick in your neck, and no wonder you snore for your head's on the floor, and you've needles and pins from your soles to your shins, and your flesh is acreep for your left leg's asleep, and you've cramp in your toes and a fly on your nose, and some fluff in your lung, and a feverish tongue, and a thirst that's intense, and a general sense that you haven't been sleeping in clover;

But the darkness has passed, and its daylight at last, and the night has been long, ditto ditto my song - And thank goodness they're both of them over!