

SPEAKING



- ✓ A kazoo is a great instrument to assist with vocal cord vibration, and enhance vocal quality, control and phonation, needed for proper airway pressure and grounded awareness.
- ✓ Also consider humming through a straw for larynx pressure regulation and postural stabilization. Different straws will produce different effects (narrow vs wide, ribbed vs smooth, short vs long).
- ✓ Speak out loud occasionally throughout the day; including, but not limited to talking on the phone, reading to a child, reading instructions, or singing.
- ✓ Pronunciate and articulate words clearly and slowly, using your tongue to do so.
- ✓ Breathe in through your nose after each sentence.
- ✓ Cluck your tongue occasionally if your neck becomes tight while speaking.
- ✓ Stand on your left leg and pick up your right foot as you reach above your head with your right arm.
- ✓ If you are unable to pick up your right leg, then keep your right toes on the ground to help keep your balance, but the majority of your weight should remain on your left leg and foot.
- ✓ Occasionally speak or sing out loud in this position.

For additional activities and recommendations, please visit www.posturalrestoration.com/pri-resources/pri-living

