

Tongue Twisters

Tongue twisters are sentences that repeat similar sound patterns, and they are very good for speakers because when you say them out loud they force you to pay much closer attention to how you are speaking. To get the most out of using tongue twisters you need to enunciate each word and syllable. This prevents what you are saying becoming a garbled mix of sound that means nothing.

Repeat each one 5 to 10 times. Try doing them at different levels of volume. Practicing tongue twisters before we step up to give a talk helps to warm up the voice and so increase volume and elasticity. By paying close attention to what you are saying with a tongue twister this will be a natural carry over when you step up to speak in front of an audience.

- Which wristwatches are Swiss wristwatches
- Selfish shellfish
- Eleven benevolent elephants
- The lips the teeth the tip of the tongue
- Many moaning men making music to the moon
- Rubber baby buggy bumpers
- Grandmas gnomes are loose
- These thousand tricky tongue twisters trip thrillingly off the tongue.
- Six thick thistle sticks. Six thick thistles stick
- Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't fuzzy, was he?

Denise sees the fleece

Denise sees the fleas

At least Denise could sneeze and feed and freeze the fleas

I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes,
I won't wish the wish you wish to wish.

How much wood would a woodchuck chuck

If a woodchuck could chuck wood?

He would chuck, he would, as much as he could

And chuck as much as a woodchuck would

If a woodchuck could chuck wood

Here is a video to help you with this exercise:

<https://www.youtube.com/watch?v=vHHvhqLEDp8>