

Hum Exercises

- Complete _____ times per day for _____ minutes.

_____ 1. Take a deep breath and make a steady smooth hollow hum.....should feel a buzz on your lips and nose..... NASAL. (egg on tongue)

_____ 2. Blend the hum into vowels.....

Mmmeee,mmmooooo,mmmohhhhhh,mmmaaahhhh,mmmyyy,mmmaaayyy

*If unsteady then use more air and less effort. Should FEEL easy!

_____ 3. a) Hum + word + hum....go through the entire column of words.

b) Fade the Hum just say the word, think the hum , put your lips as if about to hum but just say the word. Flip flop between using the hum and not using the hum if that helps. Go through the entire column of words.

_____ 4. a) Hum + phrase + hum, one pitch monotone chanting. Go through entire column of phrases.

b) Fade the Hum just say the phrase, still monotone, just no facilitator

c) Change the pitch up and down*

*do not go all the down to your “basement” or bottom pitch !!! If you hear gravel than make it breathier and use more air.

_____ 5. a) Hum + sentence + Hum, Write down 10 sentences you say all the time (i.e. How are You? What’s for dinner tonight? This is Jimmy, can I help you?)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

b) Fade the hum and start changing the pitch up and down, same as in #4. -(take a deep breath since you utterances are getting longer and you need more air)

_____ 6. Paragraph reading : Read the first paragraph monotone at your optimum pitch putting a hum at the beginning of every phrase. Second paragraph put the hum in there less and vary the pitch. Third paragraph fade the hum all together and speak with normal intonation.