



### Yawn-Sign Technique:

**Instructions:** This technique can be used to reduce tension in the voice when speaking. Try these exercises and think about relaxing your throat and mouth while you do them.

#### Step One: Yawn 10 Times

Check off one box each time you yawn. Think about opening and relaxing your throat and mouth.

<input type="checkbox"/>									
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#### Step Two: Yawn and Sigh

This time, after each yawn, make a soft sighing sound afterwards. Keep it soft and relaxed.

<input type="checkbox"/>									
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#### Step Three: Yawn, Sigh, /h/ Word

Now, yawn and then start the gentle sigh and slowly stretch the sigh out into the /h/ sound of each word below. Keep the soft, relaxed feeling while you say each word below.

<input type="checkbox"/>									
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Hi    hot    help    hoe    who    hip    hoop    hit    ham    he

#### Step Four: Yawn, Sigh, Word with a Vowel

This time, we'll do the yawn and sigh and then we'll ease into a word that starts with a vowel. You'll still probably hear a bit of that /h/ sound and that's ok. Just keep it easy and relaxed the whole time.

<input type="checkbox"/>									
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Eat    at    am    our    on    in    ape    eye    oat    arm

