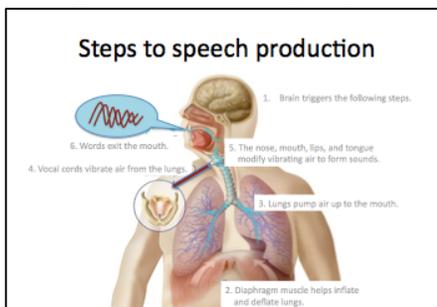


Let's Get Our Motors Running to Prepare for Pronunciation and Speech Clarity!

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Steps to speech production

1. Brain triggers the following steps.
2. Diaphragm muscle helps inflate and deflate lungs.
3. Lungs pump air up to the mouth.
4. Vocal cords vibrate air from the lungs.
5. The nose, mouth, lips, and tongue modify vibrating air to form sounds.
6. Words exit the mouth.

Tongue twisters for pre- and post-test

1. She sells seashells by the seashore.
2. The rain in Spain stays mainly on the plain.
3. Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?
4. 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 wood as a woodchuck would if a woodchuck could chuck wood.



Pronunciation is a physical act!

Marsha's Pronunciation Workout

1. Stand with feet shoulder-width apart.
2. Extend arms to side and shake loosely from the shoulders.
3. Bend over from the waist, exhale, hang. Come up, inhale, stretch arms to ceiling.
4. Loosen chest and abdomen. Breathe deeply.
5. Roll and loosen shoulders.
6. Rotate head gently in a big circle. Breathe deeply. Loosen and relax body, concentrating on one area at a time. (arms, shoulders, back, chest, neck, back of head, ears, top of head, forehead, temples, eyes, nose, cheeks, jaw, lips, tongue)

7. "Wake up" by yawning a big "aaaah!" Stretch your mouth. (whole mouth, one side at a time)
8. Stretch mouth from side to side, up, down, forward, back, around and around. Make funny faces!
9. Loosen cheeks manually. Massage cheeks, jaw, chin. Inhale ---> Exhale "Blah, Blah, Blah...." loosely.
10. Loosen lips manually. Inhale ----> Exhale by vibrating lips against each other.
11. Waggle tongue in and out, hitting teeth. Keep lips relaxed.
12. Vocalize vowel sounds at comfortable pitch, using full breath. Focus on position of jaw, tongue, lips. (i → a, i → u, a → I, a → u, i → a → u)

Pronunciation Workout Resources

- Chan, M. (2013-present) Video playlist: Pronunciation Doctor's Pronunciation Workout Videos
<https://www.youtube.com/playlist?list=PLqCkG27JV0f1PqfV7pVrBxwew94WM2D0U>
- Chan, M. (2016) Blog post: Pronunciation Workouts for Improved Oral Production <https://marshaprofdev.blogspot.com/2016/03/pronunciation-workouts-for-improved.html>
- Chan, M. (2015). Pronunciation workout (Teaching Tip). In J. Levis, R. Mohammed, M. Qian & Z. Zhou (Eds). Proceedings of the 6th Pronunciation in Second Language Learning and Teaching Conference (ISSN 2380-9566), Santa Barbara, CA (pp. 267-269). Ames, IA: Iowa State University. https://apling.engl.iastate.edu/alt-content/uploads/2015/05/PSLLT_6th_Proceedings_2014.pdf
- Chan, M. (1994). Pronunciation Warm Up, in K. Bailey & L. Savage, (Eds.), New ways in teaching speaking, (pp. 202-204). Alexandria, VA: Teachers of English to Speakers of Other Languages, Inc. (TESOL).

Where to find Marsha

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