



# Voice-CARE

daily -voice care



- Steaming
- GARGLING with water ( not cold)
- MOUTH GYM
- FACE GYM
- Neck-stretching
- Lipp roll                    123454321    181
- Clickering                    closed mouth
- Clickering                    VOWELS
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- BREATHING    "f" in & out on counts
- SLIDING VOWLES    "A-AAAAAAAAAAA
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