



Cynthia Bain's Young Actor Studio

Practice 10 minutes every day. Repeat several times, as quickly as possible, until you can do them perfectly. Try them in different ways: loud, soft, higher pitch, lower pitch, whisper, no sound, sad, happy, with and accent, fast, and slow.

1. Alice asks for axes.
2. Aluminum, linoleum, aluminum, linoleum.
3. Are our oars oak?
4. Baby bunnies bounce in baby buggies.
5. Bake big batches of brown blueberry bread.
6. Betty Botter bought a bit of butter to put into her batter. But the bit of butter made the batter bitter so Betty bought a bit of better butter, and the bit of better butter made her batter better.
7. Brandon Badger brought the bear a bit of baked banana in a brown bag.
8. Black background, brown background.
9. Blake's black bike's back brake bracket broke.
10. Blue glue gun, green glue gun.
11. Brooke's pop-up blocker blocks Brooke's pop-ups.
12. A box of biscuits, a box of mixed biscuits, and a biscuit mixer.
13. Bradley's big black bath brush broke.
14. The bun is better buttered, Billy muttered.
15. Catalina chatted with her cheerful cat.
16. A cheap ship trip.
17. Chelsea Cheetah chews a chunk of cheap cheddar cheese.
18. Chocolate chip cookies in a copper coffee cup.
19. Conscientious children chew slowly, silently, and completely.
20. How many cookies could a good cook cook if a good cook could cook cookies?
21. Crisp crusts crackle crunchily.
22. Daddy draws doors.
23. Danielle draws drowsy ducks and drakes.
24. Double bubble gum, bubbles double.
25. Each Easter Emma eats eighty Easter eggs.
26. Ed had edited it.
27. Eleven benevolent elephants.
28. Elizabeth's birthday is on the third Thursday of this month.

29. Five father frogs flying fast flew farther than four fancy flies.
30. Five frantic frogs fled from fifty fierce fishes.
31. Of all the felt I ever felt, I never felt a piece of felt which felt as fine as that felt felt.
32. Flash message!
33. Four furious friends fought for the phone.
34. Fred fed Ted bread, and Ted fed Fred bread.
35. Free from fog to fight flu fast!
36. Fresh french-fried fritters.
37. Friendly Frank flips fine flapjacks.
38. Frog-feet, flippers, and swim-fins.
39. Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't very fuzzy, was he?
40. Georgia's great-grandma grew aghast at Georgia's grammar.
41. Girl gargoyles, guy gargoyles.
42. Go get gorgeous gals galloping in galoshes.
43. How much ground would a groundhog hog, if a groundhog could hog ground?
44. I want to wind my Irish wristwatch.
45. Inchworms itching.
46. Jordan's jolly juggling jesters jauntily juggled jingling jacks.
47. Knapsack strap.
48. Kris Kringle carefully crunched candy canes.
49. Little Liv's Lizard likes lunching on luscious lemons lately left by Laila.
50. Lovely ladies lick lollies lounging in the lobby.
51. Madeline munched my cracker wrapper.
52. Mud bug.
53. Mummies munch much mush, monsters munch much mush, and many mummies and monster's mothers must munch much mush.
54. Nick knits Nixon's knickers.
55. Any noise annoys a noisy nosey oyster and noisy oysters know noises.
56. Old oily Olivia (Oliver) oils old oily autos.
57. Pat's pretty pink piggy bank.
58. Pick a partner and practice performing, perhaps you'll play professionally.
59. Please pay promptly.
60. Pooped popcorn pops poorly, perky popcorn pops perfectly.
61. Purple Circle.
62. The queen in green screamed.
63. Quinton Quail quickly quit quilting when crabby Crandall crunched crackers crankily.
64. Quick kiss, quicker kiss, quickest kiss.
65. Red bulb, blue bulb.
66. Red leather, yellow leather.
67. Real rock wall.
68. Real weird rear wheels.

69. Sorsha sells seashells by the seashore.
70. Sam's shop stocks short spotted socks.
71. Santa's Short Suit Shrunk
72. See Shelly's shiny seashell shop.
73. Cynthia said she should sit.
74. The shiny sign says "sharks swimming" so stay safe!
75. If a dog chews shoes, which shoes should she choose to chew?
76. Silly Savannah scolds seven silly sheep so seven silly sheep shilly-shally south.
77. Six selfish shellfish.
78. Skirt, shirt, skirt, pants, skirt shirt, short skirt.
79. I slit the sheet, the sheet I slit, and on the slitted sheet I sit.
80. Six shimmering sharks sharply striking shins.
81. A tricky frisky snake with sixty super scaly stripes.
82. Some shun sunshine do you shun shine?
83. So, this is the sushi chef?
84. Specific Pacific.
85. Stephanie's sister sorts shoes and socks in the sunshine.
86. Sure, sir, the ship's sure shipshape sir!
87. I miss my Swiss miss my Swiss miss misses me.
88. The two-twenty-two train tore through the tunnel.
89. Their was a minimum of cinnamon in the aluminum pan.
90. Oh tip-top lollipop, flip-flop your sticky stump.
91. I thought a thought, but the thought I thought was not the thought I thought I thought.
92. He threw three free throws.
93. He thrusts his fists against the posts, and still he insists he sees the ghosts.
94. Tiny Taylor tipped Tiny Tyler's toy tower toward the treasure.
95. Toy boat, toy boat, toy boat.
96. Truly rural.
97. Twelve twins twirled twelve twigs.
98. Two tiny tigers take two taxis to town.
99. Unique New York, you know you need unique New York.
100. Upper roller, lower roller.
101. Urgent detergent!
102. Very well, very well, very well.
103. Winston vowed vengeance very vehemently
104. Weak writers want white ruled writing paper
105. What time does the wristwatch strap shop shut
106. Which witch wished wicked wish?
107. Little Willie's wooden whistle wouldn't whistle.
108. X-ray checks clear chests.
109. Yellow butter, purple jelly, red jam, black bread.
110. This is a zither. Is this a zither?
111. Zoe's zithers slither slowly south.