



## Speech and Language Therapy

### Easy Onsets

#### What are Easy Onsets?

The aim of these exercises is to achieve the correct pitch for your voice and to achieve voice that is not “forced”.

These exercises are often given to people who have excessive tension in their larynx, or for those who have vocal cord nodules, or a harsh, strained sound to their voice.

#### 1. Practice gently humming

**Tip** - You should try and find your natural pitch. You should be able to feel resonance (vibrations) behind your lips, in the bridge of your nose or on your chest. Some people find it helpful to feel their chest or nose for the vibrations.

#### 2. Once you have achieved a clear note try chanting:

- Ma (eg mamamama)
- Me (eg memememe)
- My (eg mymymymy)
- More (moremoremore)

#### 3. Now, try chanting the following words whilst prolonging the ‘m’:

- Ma (eg mmmmmaaaaa)
- Me (eg mmmmmmeeeee)
- My (eg mmmmmmyyyyy)
- More (eg mmmmmoreeee)
- Man (eg mmmmmaaaan)
- Moon (eg mmmmoooooon)
- Marmalade (eg mmmarmmmalade)

**4. Prolong all the “m” and “n” sounds as you chant quietly and gently on a clear pitch:**

Man in the moon

Mum makes marmalade

Monday morning

Men make a mess

Michael Morgan

Mincemeat on Mondays

Me and mine

Many more mice

**Tip** – Allow 10 minutes to complete these exercises. Your Speech and Language Therapist will advise you on how many sets you need to complete.

If you do not have time to put aside 10 minutes, try and incorporate these exercises into your day to day life. For example:

- Whilst waiting for the kettle to boil
- During the TV adverts
- Whilst waiting for the bus

**Contact Numbers:**

We hope you have found this information useful. If you have any further questions, please contact your SLT.

**Your speech and language therapist is:** \_\_\_\_\_.

Please ring the Speech and Language Therapy department on 01305 255165 for assistance.

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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