

# The **VoiceGym** Beanbag

## Play is an essential ingredient in the process of learning anything

There have been aids to encourage posture for as long as people cared about the way that they look. The animal beanbag designed for VoiceGym is a new and radical approach to this. Instead of sitting something on the *top* of the head to stimulate the occipital joint via the occipital bone, this beanbag has an interior bag that divides the gravel into two pouches, directing the weight onto the two temporal bones on the *sides* of the head.

The VoiceGym beanbag has been designed to provide optimum feedback for postural change, through the following -

- ***A freely translating mandible***

No-one can fail to smile with a cat on their head, stimulating Anterior Temporalis, a key trigger in jaw translation

- ***Balance on two feet***

Through the vestibular canals housed in the Temporal bone

- ***An efficient breathing system***

Through the suspension of the larynx from the Styloid Process of the temporal bone

- ***An efficient voice mechanism***

Through the suspension of the larynx from the Styloid Process of the temporal bone

- ***Good tongue posture***

Through Styloglossus, the muscle most responsible for natural resting position of the tongue; also attached to the temporal bone



The work with the beanbag complements the exercises in VoiceGym for pelvic stability with a strong pelvic floor. Postural stability can only be achieved by working on the upper and the lower body together, while retaining the imagination and a sense of fun.

Postural integrity and pelvic stability are encouraged in these activities by wearing the beanbag while reading, singing, and walking. You can also try wearing the beanbag while -

- Singing on a balance board while walking your feet
- Reciting a poem and swinging your bum to the rhythm
- Doing all tongue exercises with the beanbag.
- Bouncing on the physio-ball with the beanbag on your head.

## Preparing the **VoiceGym** Beanbag

If your Beanbags have been supplied empty for shipping, they will need to be filled with fine gravel as follows:

1. Unzip the bag and pull the inner bag out through the opening.
2. Make a funnel from a piece of card (about A5 size).
3. Put 200 grams (7 ounces) of gravel in each side.
4. Re-fasten the inner bag with the Velcro and feed it back through the zip.
5. Shake well to position the inner bag evenly.

The **VoiceGym** Beanbag  
by Phyllis and Mary at 'Occasionally Sew'

