

*[Using only one breath, say the following clearly at least 18 times]*

Rubber baby buggy bumper.

*[Using only one breath, say the following clearly at least 6 times]*

Tommy Atatamus took two T's and and tied them to the top of two tall trees.

*[Using only one breath, say the following clearly at least 12 times]*

Around the rough and and rugged rock the ragged rascal ran.

*[Using only one breath, say the following clearly at least 6 times]*

Sixty-six sailors sailed the Mississippi in 1666.

*[Using only one breath, say the following clearly at least 3 times]*

**Betty Botter** bought some butter,  
    but she said this butter's bitter.  
If I put it in my batter,  
    it will make my batter bitter.  
So, she bought a bit of better butter,  
    put it in her bitter batter,  
    ... made her bitter batter better.  
So, 'tis better **Betty Botter**  
    bought a bit of better butter.