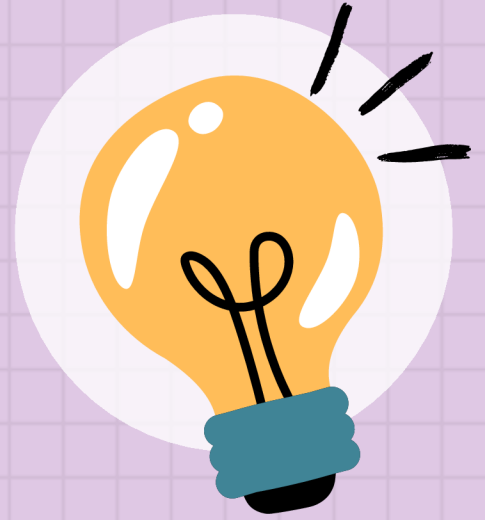




ORAL MOTOR EXERCISES & ACTIVITIES

Carry-over Workouts

1

LIPS

1. Open and close your mouth _____times.
2. Pucker your lips as if you were going to say /u/ _____times.
3. Smile then relax your lips and cheeks _____times.
4. Press your lips tightly together then open them with a smack _____times.
5. Puff your cheeks with air while keeping your lips closed tightly _____times.
6. Practice saying /w/ _____times.
7. Practice pressing lips together for /p/, /b/, and /m/ sounds _____times each.
8. Practice humming a tune (lips closed) _____times. (/m/)
9. Practice holding a straw or blowing item with lips only _____times.

2

TONGUE

1. Stick your tongue out as far as you can _____times.
2. Move your tongue to the left side of your mouth then to the right side of your
3. Mouth _____times.
4. Try to touch your chin with your tongue without moving your head _____times.
5. Try to touch your nose with your tongue without moving your head _____times.
6. Push the inside of your cheek with your tongue on the right side and then on the left side _____times.
7. Place your tongue behind your front teeth and say "la" _____times.
8. Lick your lips in a circular motion first moving to the right _____circles/times and then to the left _____circles/times.
9. Try holding/sucking the tongue to the roof of the mouth _____times.
10. Try clicking the tongue _____times.
11. Try pulling the tongue tip back across the roof of the mouth (front to back) _____times.
12. Other activities: licking an edible (e.g., jam, sauce, honey etc.) from the corners of the mouth, licking edible from behind top front teeth improves tongue elevation/lifting, pressing gum to the top of the mouth (tongue elevation)



3

JAW

1. Open your jaw as wide as you can _____times.
2. Move your jaw from side-to-side slowly _____times, then quickly _____times.
3. Move your jaw up and down slowly _____times, then quickly _____times.

Other Activities: chewing sticky candy improves jaw strength and making silly faces.

Other Considerations:

*** Practice the oral motor exercises in front of a large mirror, so that the child is able to receive the benefits of visual feedback.**