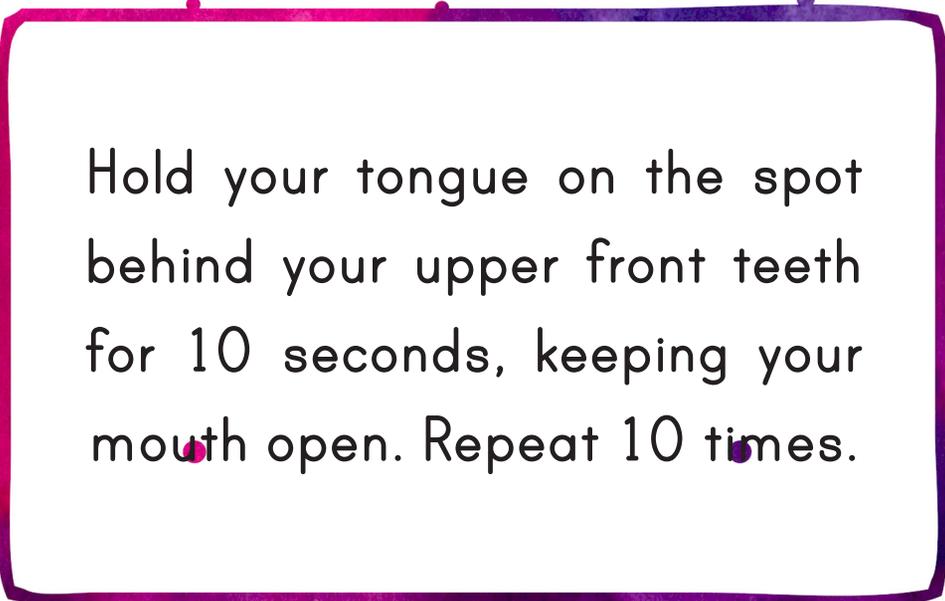


Say “t” 20 times, making sure to touch your tongue against the spot behind your upper front teeth. Make sure to keep your jaw stable.

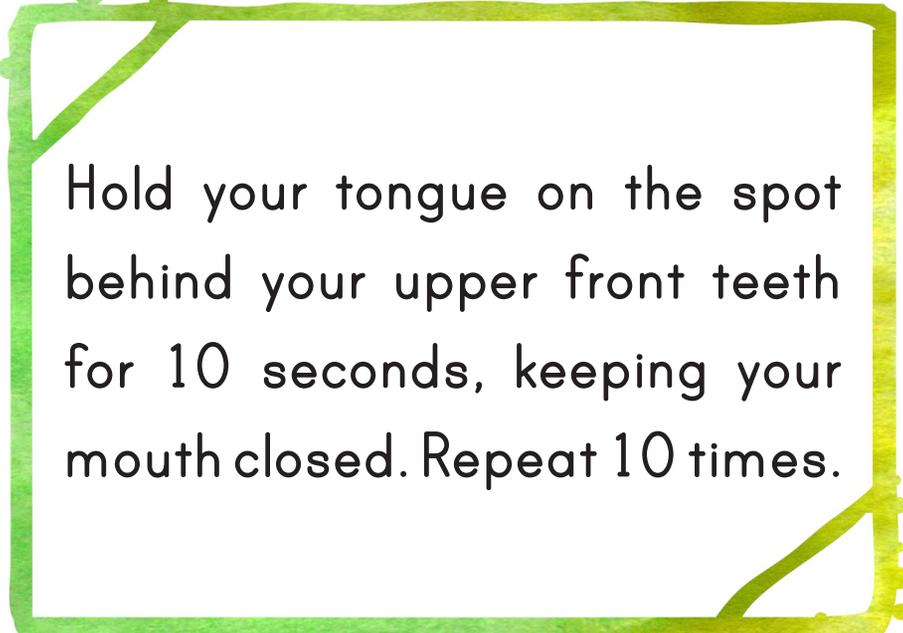
Say “ts” 20 times, making sure to touch your tongue against the spot behind your upper front teeth. Make sure to keep your jaw stable.

Hold a cheerio (or mint) on the spot behind your upper front teeth for 10 seconds, keeping your mouth open. Repeat 10 times.

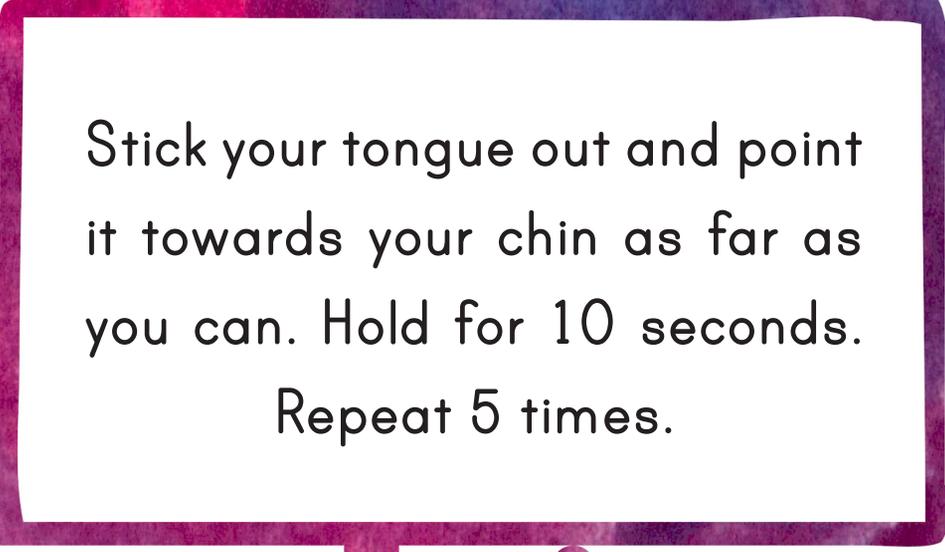
Hold a cheerio (or mint) on the spot behind your upper front teeth for 10 seconds, keeping your mouth closed. Repeat 10 times.



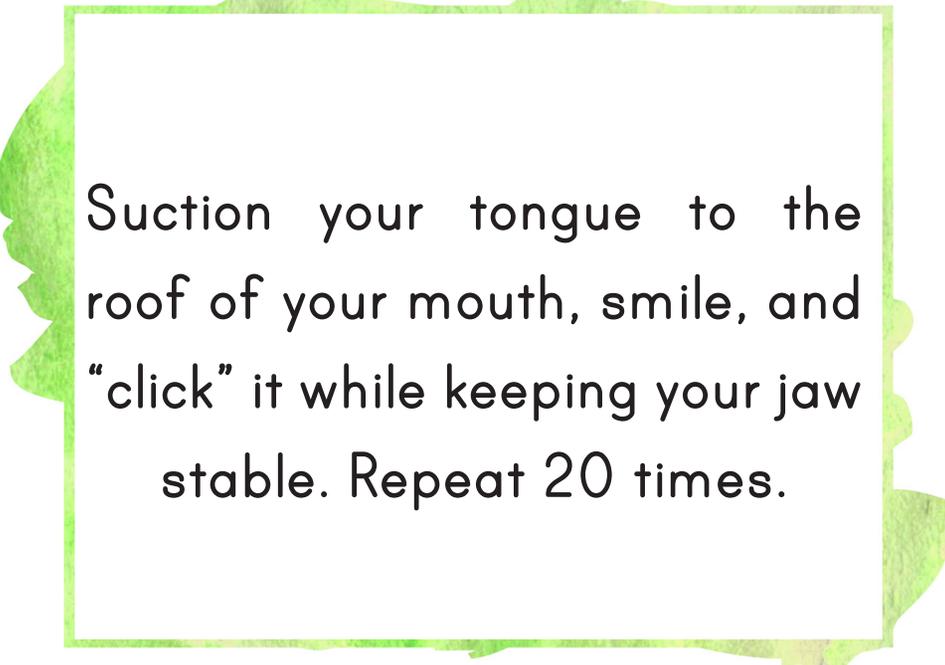
Hold your tongue on the spot behind your upper front teeth for 10 seconds, keeping your mouth open. Repeat 10 times.



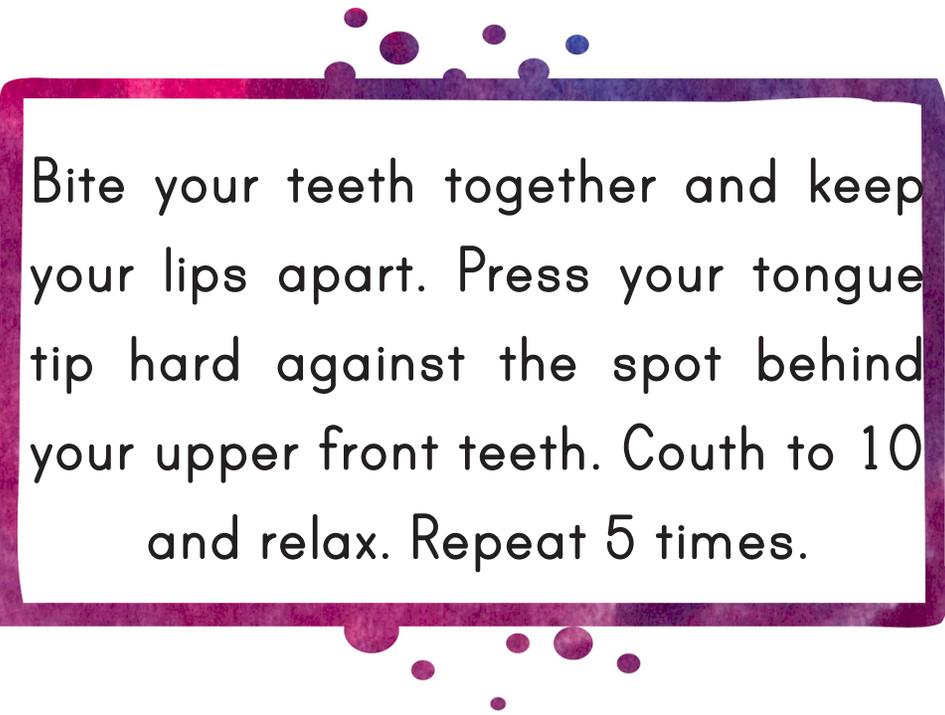
Hold your tongue on the spot behind your upper front teeth for 10 seconds, keeping your mouth closed. Repeat 10 times.



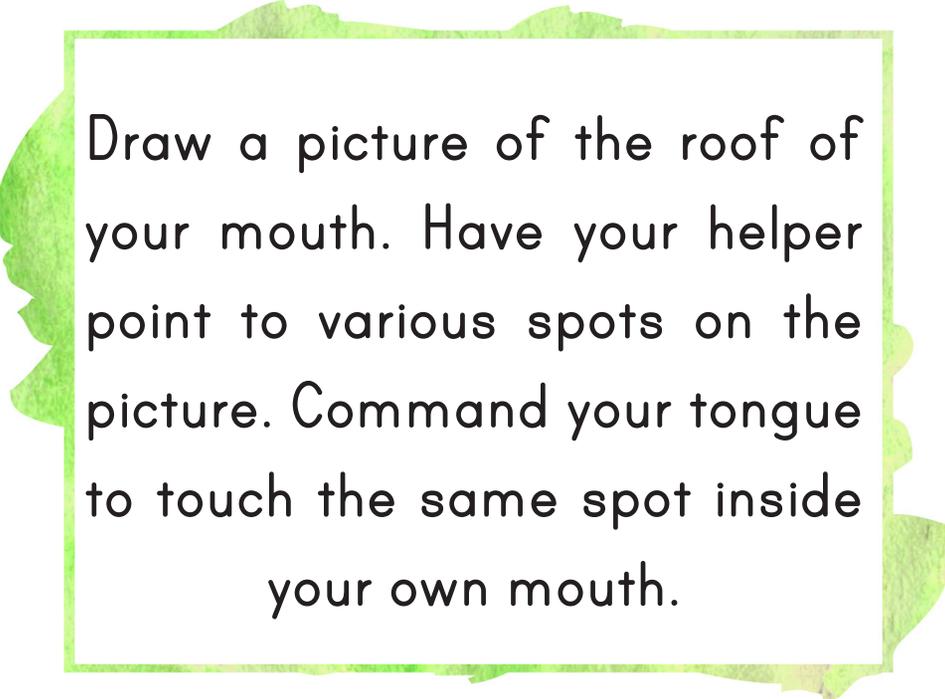
Stick your tongue out and point it towards your chin as far as you can. Hold for 10 seconds.  
Repeat 5 times.



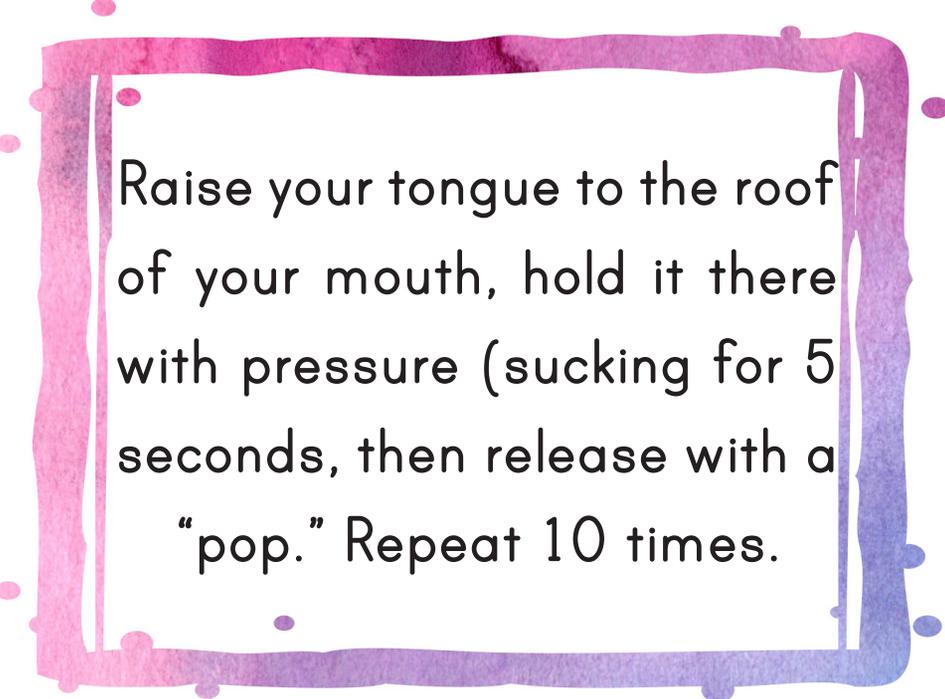
Suction your tongue to the roof of your mouth, smile, and “click” it while keeping your jaw stable. Repeat 20 times.



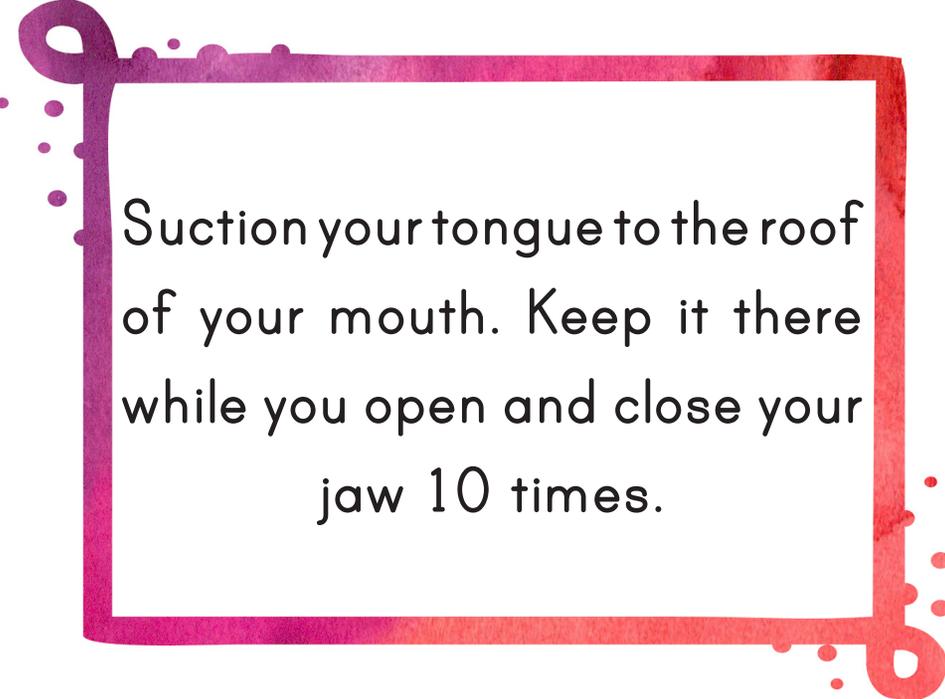
Bite your teeth together and keep your lips apart. Press your tongue tip hard against the spot behind your upper front teeth. Count to 10 and relax. Repeat 5 times.



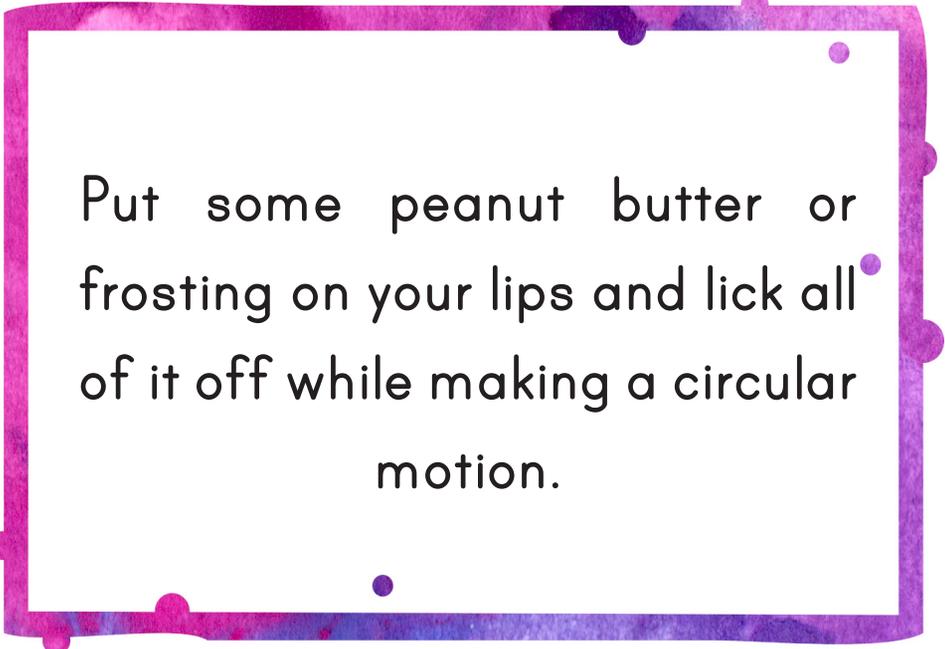
Draw a picture of the roof of your mouth. Have your helper point to various spots on the picture. Command your tongue to touch the same spot inside your own mouth.



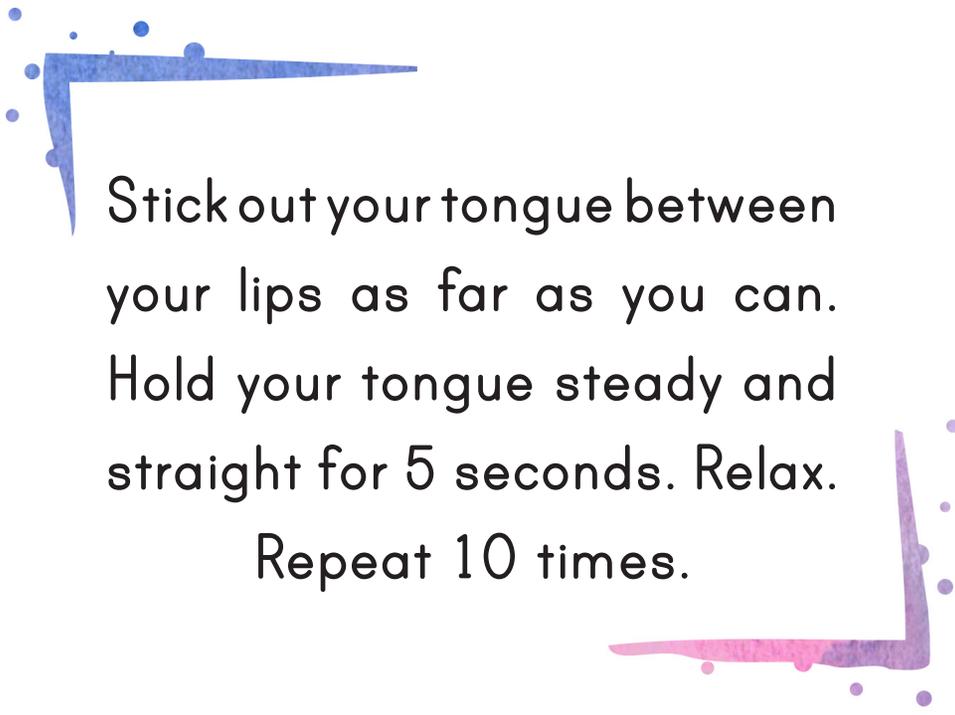
Raise your tongue to the roof of your mouth, hold it there with pressure (sucking for 5 seconds, then release with a "pop." Repeat 10 times.



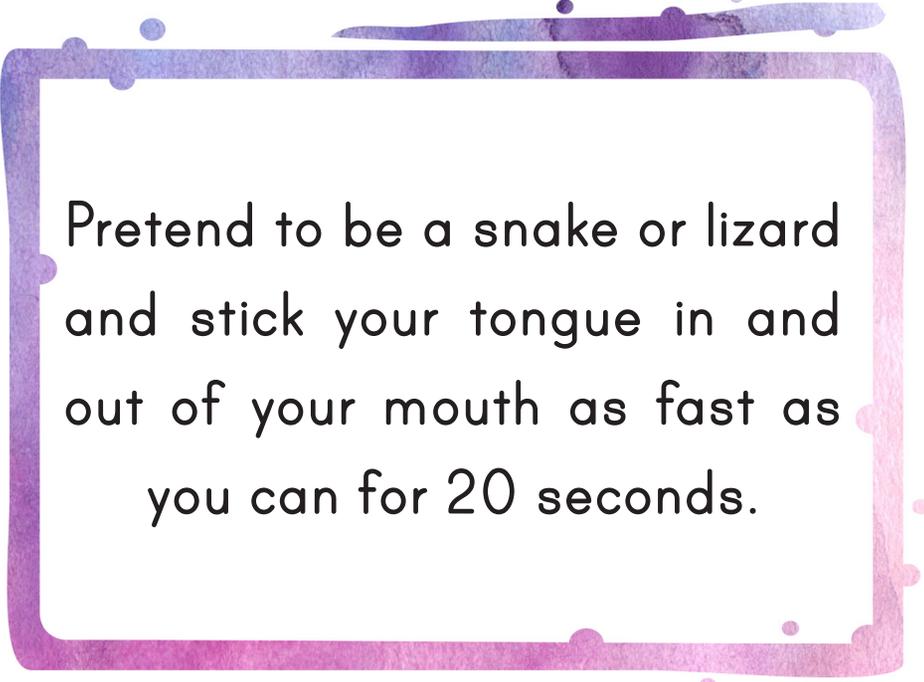
Suction your tongue to the roof of your mouth. Keep it there while you open and close your jaw 10 times.

A decorative border made of purple and pink watercolor washes, with small dots scattered around it.

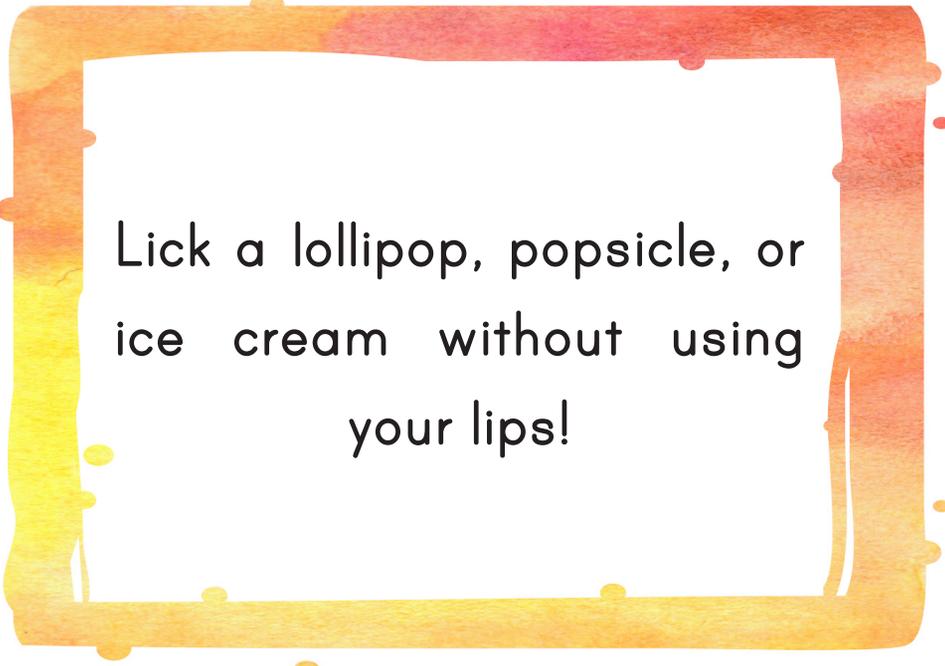
Put some peanut butter or frosting on your lips and lick all of it off while making a circular motion.

A decorative border made of blue and purple watercolor washes, with small dots scattered around it.

Stick out your tongue between your lips as far as you can. Hold your tongue steady and straight for 5 seconds. Relax. Repeat 10 times.

A decorative border made of purple and pink watercolor washes, with small dots scattered around it.

Pretend to be a snake or lizard and stick your tongue in and out of your mouth as fast as you can for 20 seconds.

A decorative border made of orange and yellow watercolor washes, with small dots scattered around it.

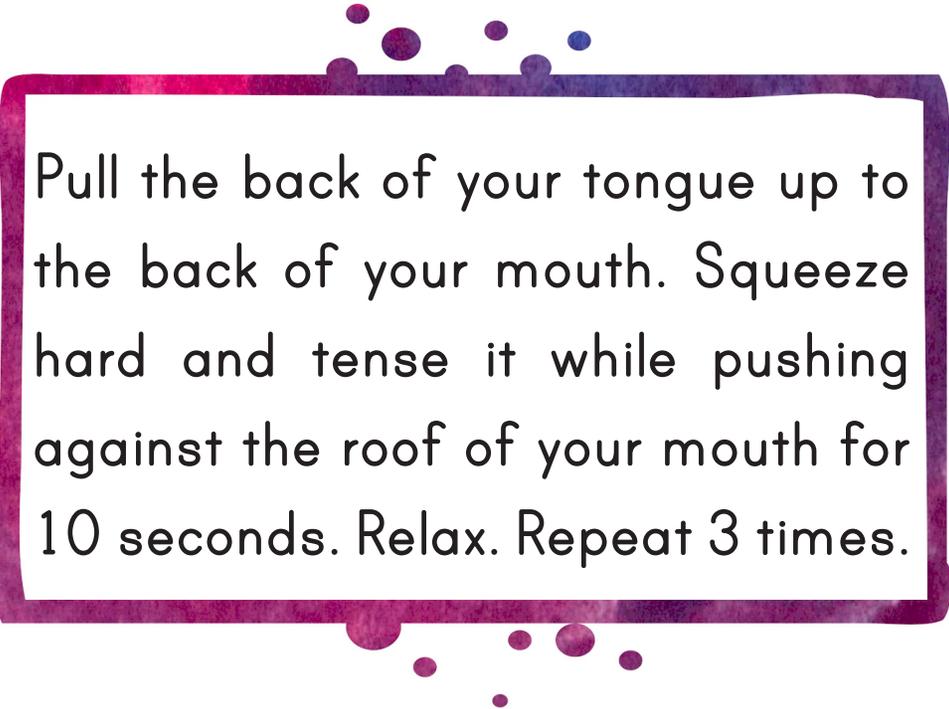
Lick a lollipop, popsicle, or ice cream without using your lips!

Say "Tah Dah Nah Lah" with your tongue touching the spot behind your upper front teeth for the consonant sounds.  
Do this 20 times.

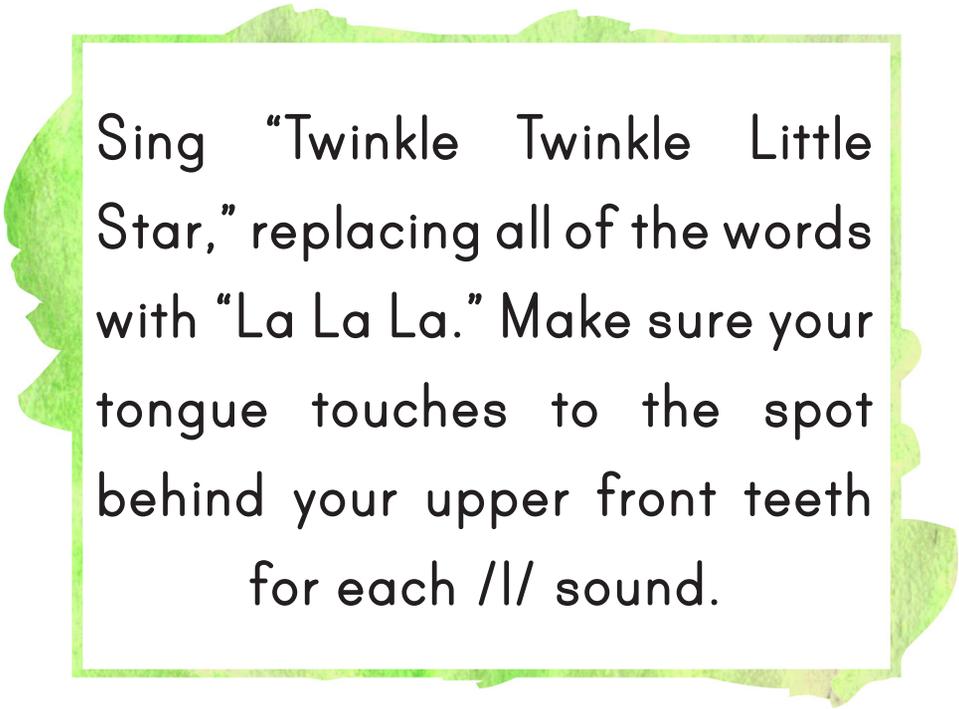
Pretend your tongue is a pencil and use it to "write" your name on the roof of your mouth.  
Do this 3 times.

Place your tongue tip behind your lower teeth and make the /z/ sound. Repeat 20 times.

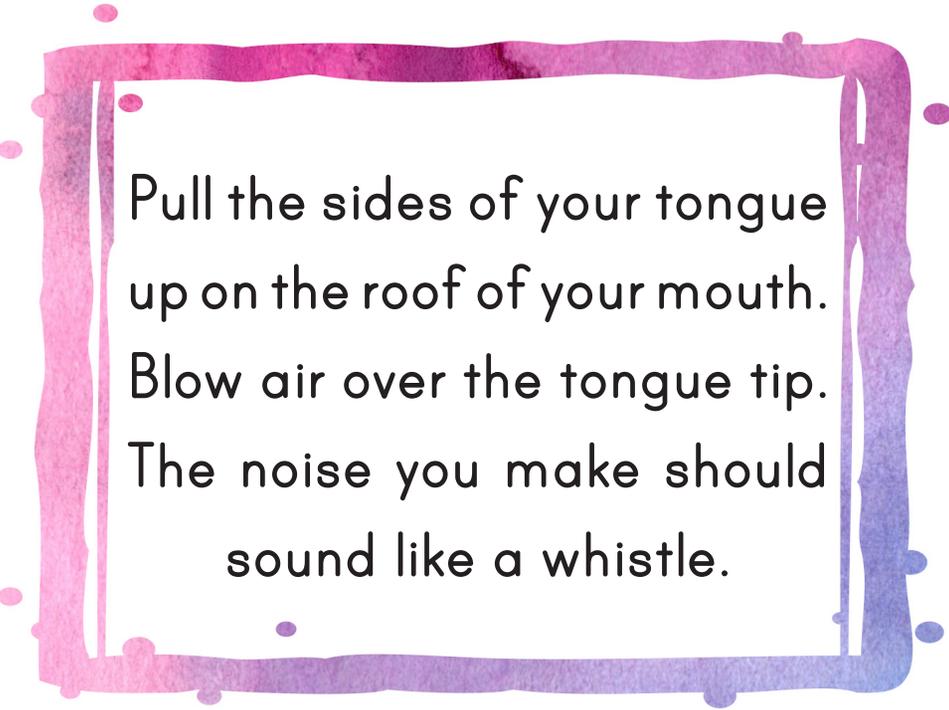
Suction your tongue to the roof of your mouth and drag it back. Repeat 5 times.



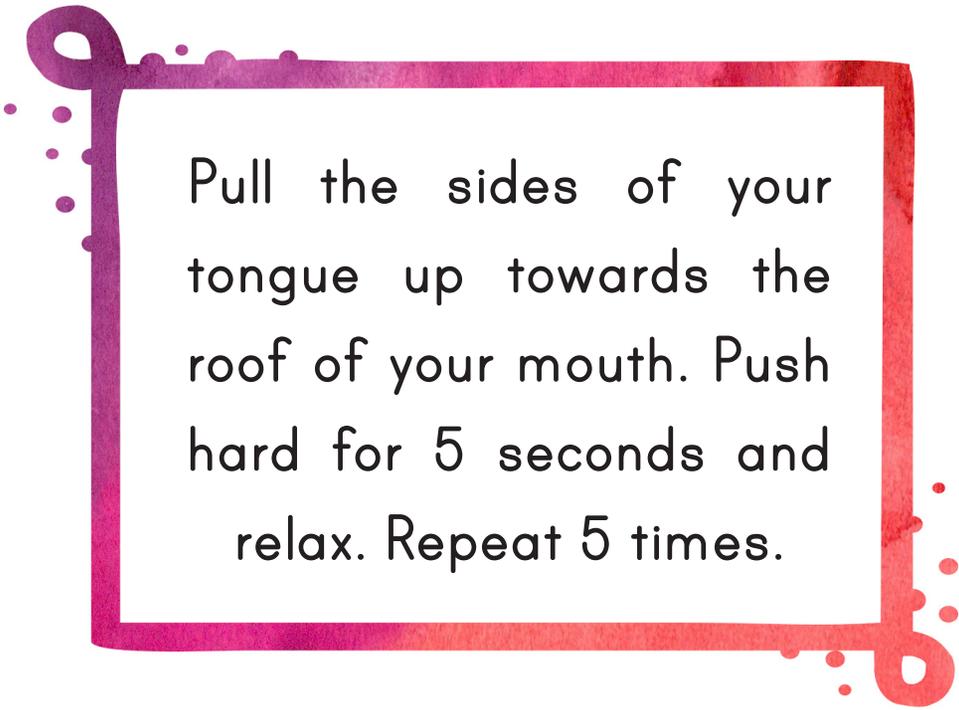
Pull the back of your tongue up to the back of your mouth. Squeeze hard and tense it while pushing against the roof of your mouth for 10 seconds. Relax. Repeat 3 times.



Sing "Twinkle Twinkle Little Star," replacing all of the words with "La La La." Make sure your tongue touches to the spot behind your upper front teeth for each // sound.



Pull the sides of your tongue up on the roof of your mouth. Blow air over the tongue tip. The noise you make should sound like a whistle.



Pull the sides of your tongue up towards the roof of your mouth. Push hard for 5 seconds and relax. Repeat 5 times.

Sing "Old Mac Donald," replacing all of the words with "La La La." Make sure your tongue touches to the spot behind your upper front teeth for each // sound.

Sing "Itsy Bitsy Spider," replacing all of the words with "La La La." Making sure your tongue touches to the spot behind your upper front teeth for each // sound.

Sing "B-I-N-G-O," replacing all of the words with "La La La." Make sure your tongue touches to the spot behind your upper front teeth for each // sound.

Sing "Mary Had a Little Lamb," replacing all of the words with "La La La." Make sure your tongue touches to the spot behind your upper front teeth for each // sound.

Sing "The Wheels on the Bus," replacing all of the words with "La La La." Make sure your tongue touches to the spot behind your upper front teeth for each /l/ sound.

Practice saying "t-t-t-t..." while keeping your tongue on the spot behind your upper front teeth for each sound. Do this for 30 seconds.

Practice saying "d-d-d-d..." while keeping your tongue on the spot behind your upper front teeth for each sound. Do this for 30 seconds.

Practice saying "n-n-n-n..." while keeping your tongue on the spot behind your upper front teeth for each sound. Do this for 30 seconds.

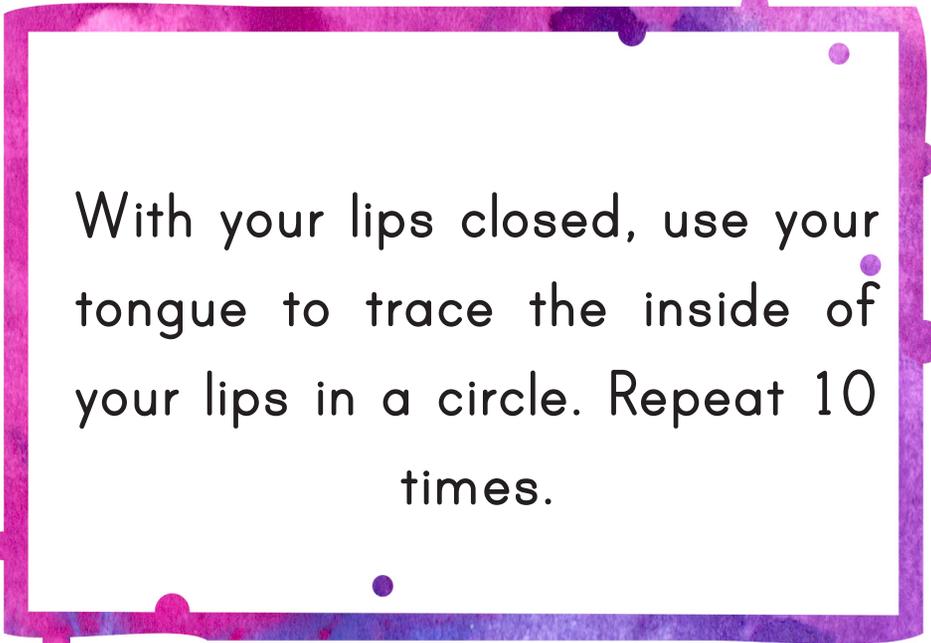
Practice saying “t-d-n-t-d-n...” while keeping your tongue on the spot behind your upper front teeth for each sound. Do this for 30 seconds.

Imagine you have peanut butter stuck to the roof of your mouth and “scrape” it off with your tongue. Put your tongue in the spot behind your front teeth and lick backwards.

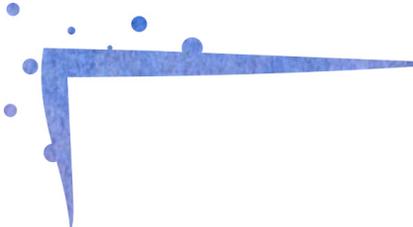
Repeat 10 times.

Put your tongue tip to the spot behind your upper front teeth. Raise your whole tongue up high against the roof of your mouth, while closing your teeth and lips. Hold for five minutes while doing a quiet activity.

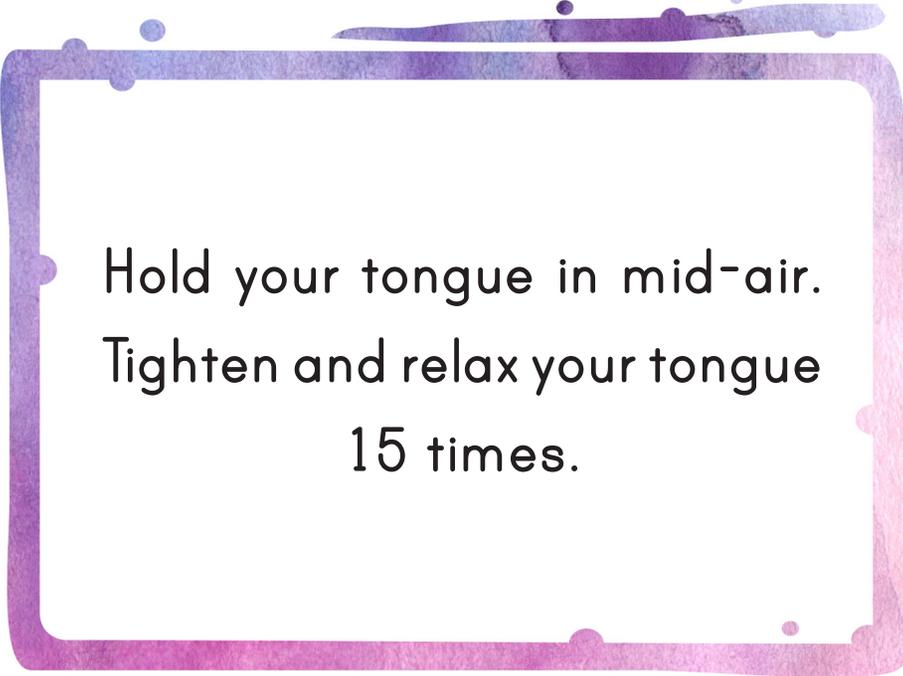
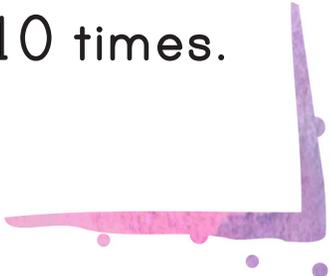
Use your tongue to “scrub” your upper and lower back molars. Repeat 10 times.



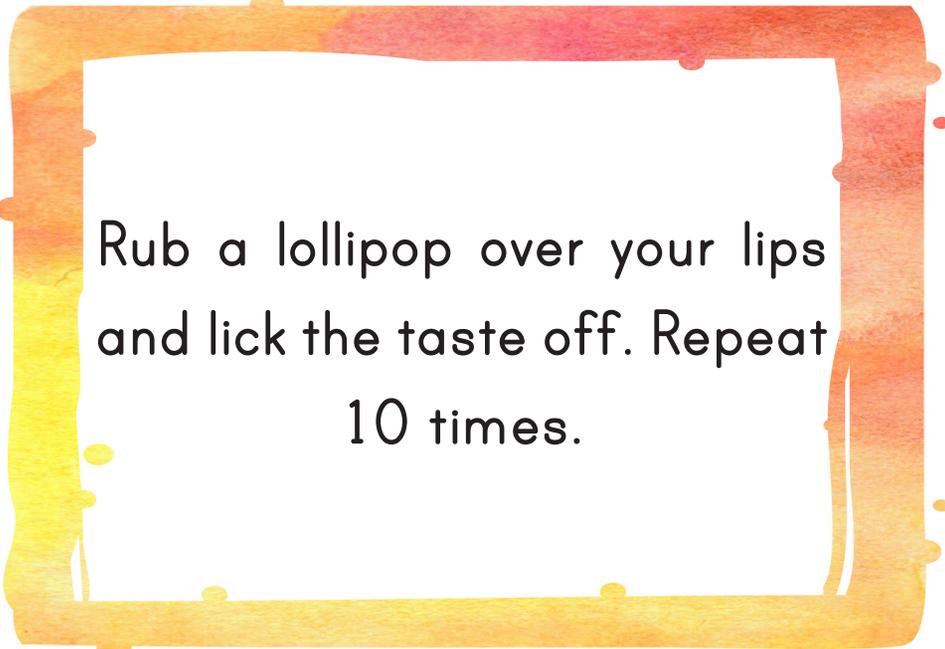
With your lips closed, use your tongue to trace the inside of your lips in a circle. Repeat 10 times.



Move your tongue side to side, touching the inside corners of your lips. Repeat 10 times.



Hold your tongue in mid-air. Tighten and relax your tongue 15 times.



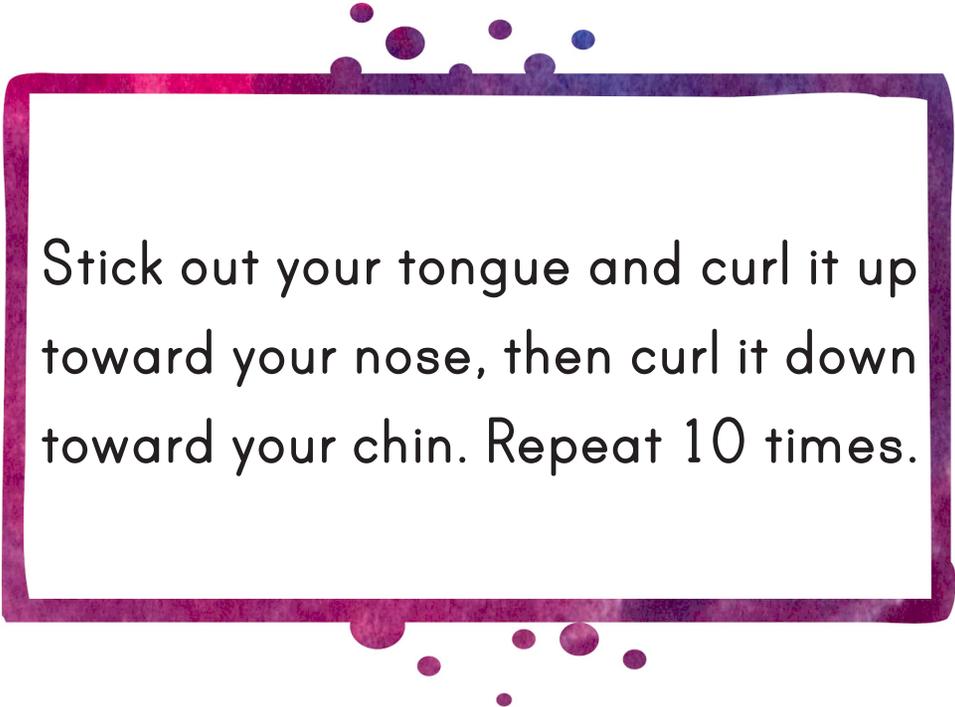
Rub a lollipop over your lips and lick the taste off. Repeat 10 times.

Stick out your tongue and place a spoon or tongue depressor on the top of the tongue tip gently pressing downward. Push against the spoon/tongue depressor. Repeat 10 times.

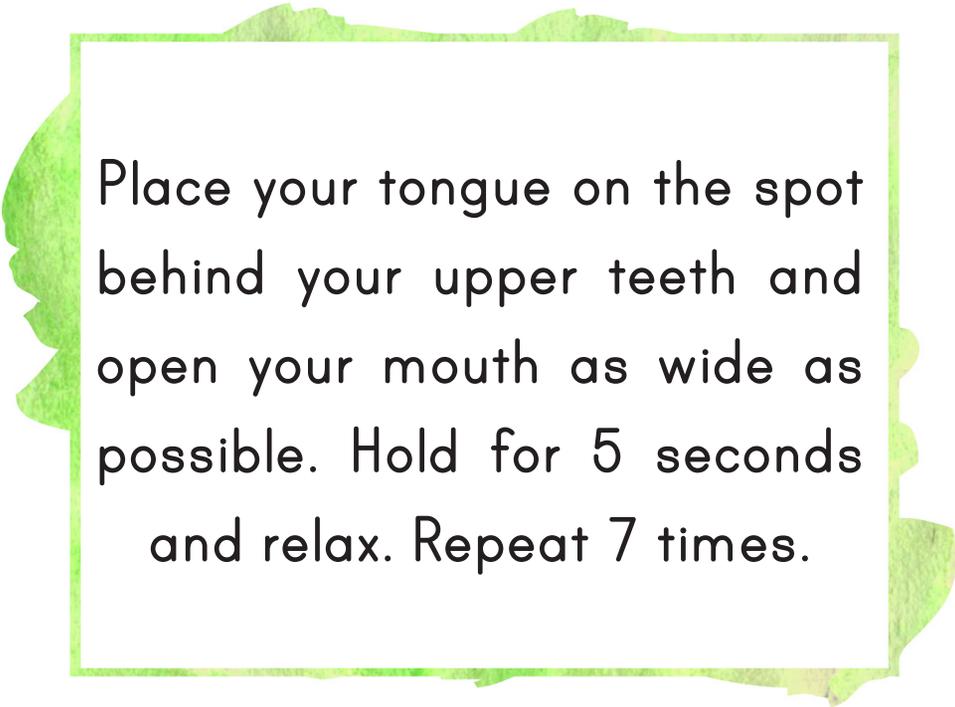
Hold a lollipop an inch from the mouth. Lick the lollipop only using the tip of your tongue. Repeat 10 times.

Retract the tongue, touching the back of the roof of your mouth (like with you say /k/.) Hold for 5 seconds. Repeat 5 times.

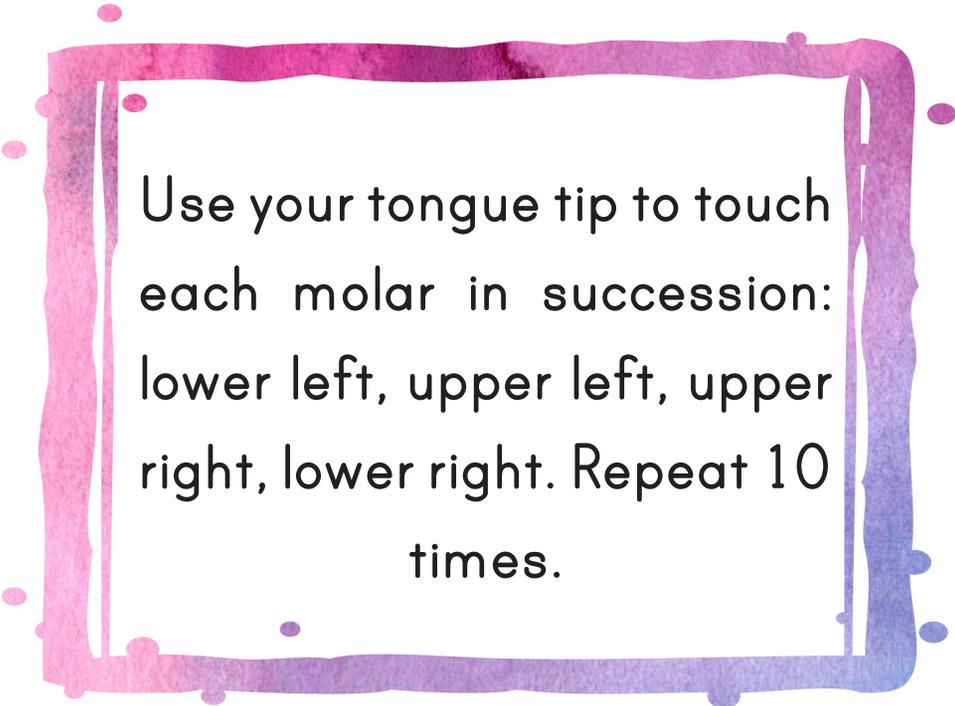
Stick out your tongue and place a spoon or tongue depressor on the top of the tongue tip gently pressing against it. Push against the spoon/tongue depressor. Repeat 10 times.



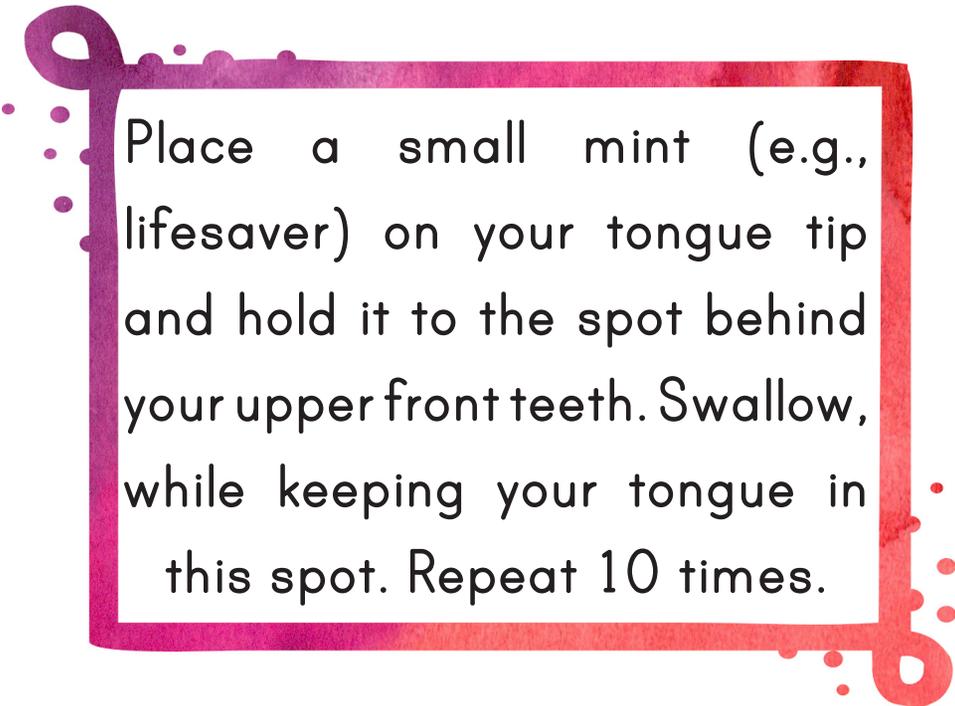
Stick out your tongue and curl it up toward your nose, then curl it down toward your chin. Repeat 10 times.



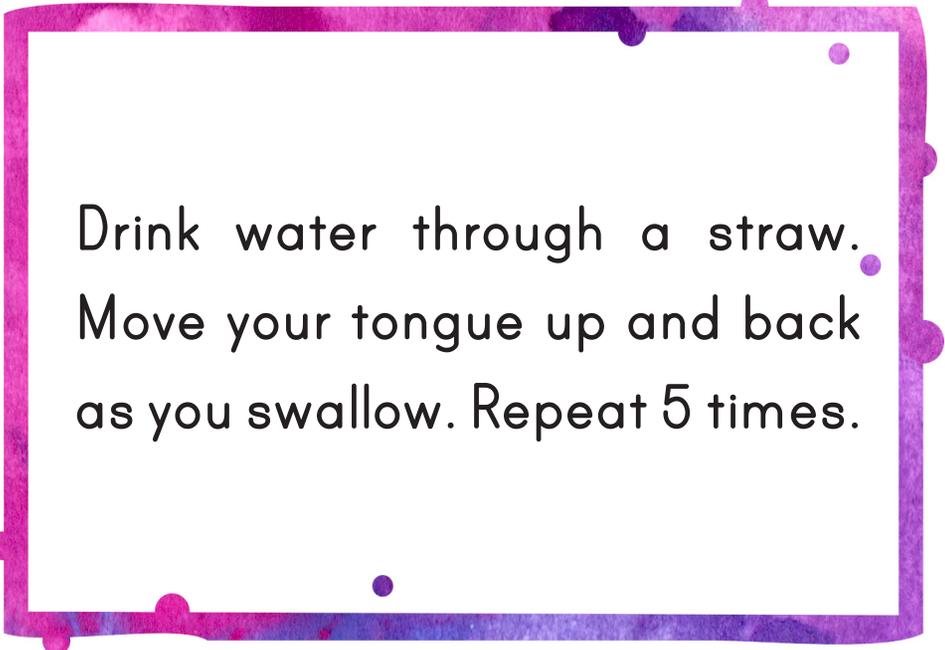
Place your tongue on the spot behind your upper teeth and open your mouth as wide as possible. Hold for 5 seconds and relax. Repeat 7 times.



Use your tongue tip to touch each molar in succession: lower left, upper left, upper right, lower right. Repeat 10 times.



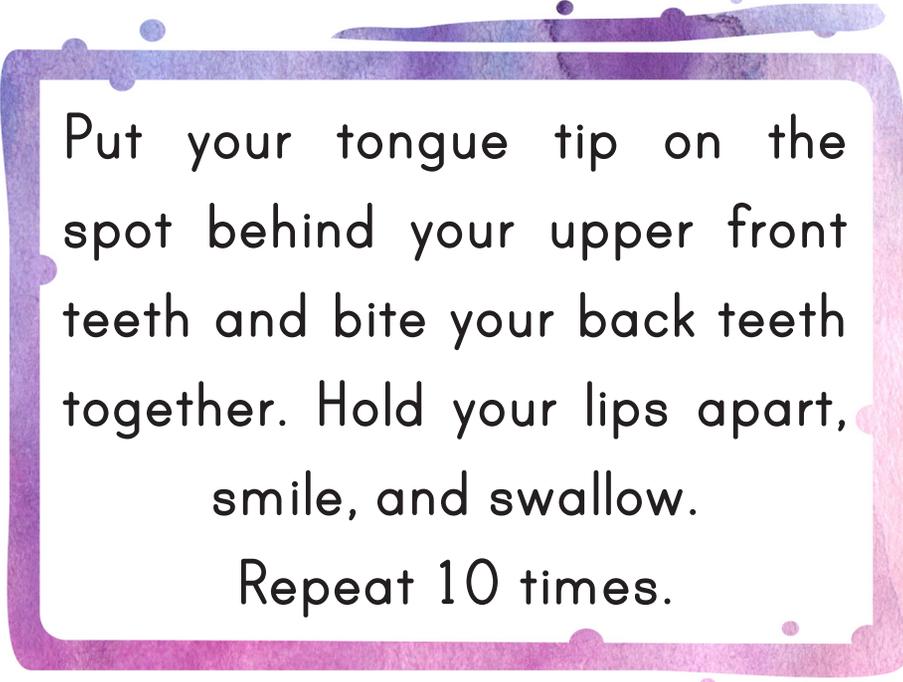
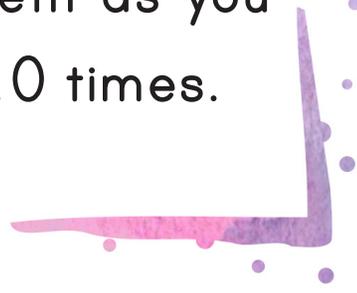
Place a small mint (e.g., lifesaver) on your tongue tip and hold it to the spot behind your upper front teeth. Swallow, while keeping your tongue in this spot. Repeat 10 times.



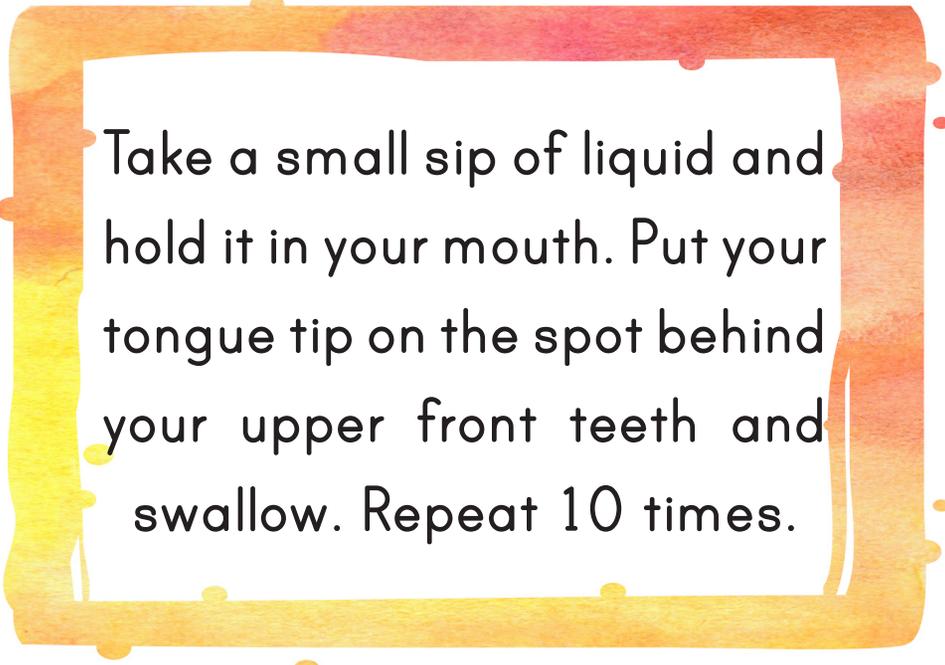
Drink water through a straw.  
Move your tongue up and back  
as you swallow. Repeat 5 times.



Eat a cracker and keep your  
tongue tip on the spot behind  
your upper front teeth as you  
swallow. Repeat 10 times.



Put your tongue tip on the  
spot behind your upper front  
teeth and bite your back teeth  
together. Hold your lips apart,  
smile, and swallow.  
Repeat 10 times.



Take a small sip of liquid and  
hold it in your mouth. Put your  
tongue tip on the spot behind  
your upper front teeth and  
swallow. Repeat 10 times.

Eat a soft food (e.g., pudding, jell-o.) Move your tongue up and back as you swallow. Repeat 5 times.

Place a small sip of water in your mouth. Put your tongue tip on the spot behind your upper front teeth so you are trapping the water. Keep your mouth open and let no water escape! Hold it for 5 seconds.

Repeat 6 times.

Slurp apple sauce off a spoon so that the tongue blade moves back. Repeat 10 times.

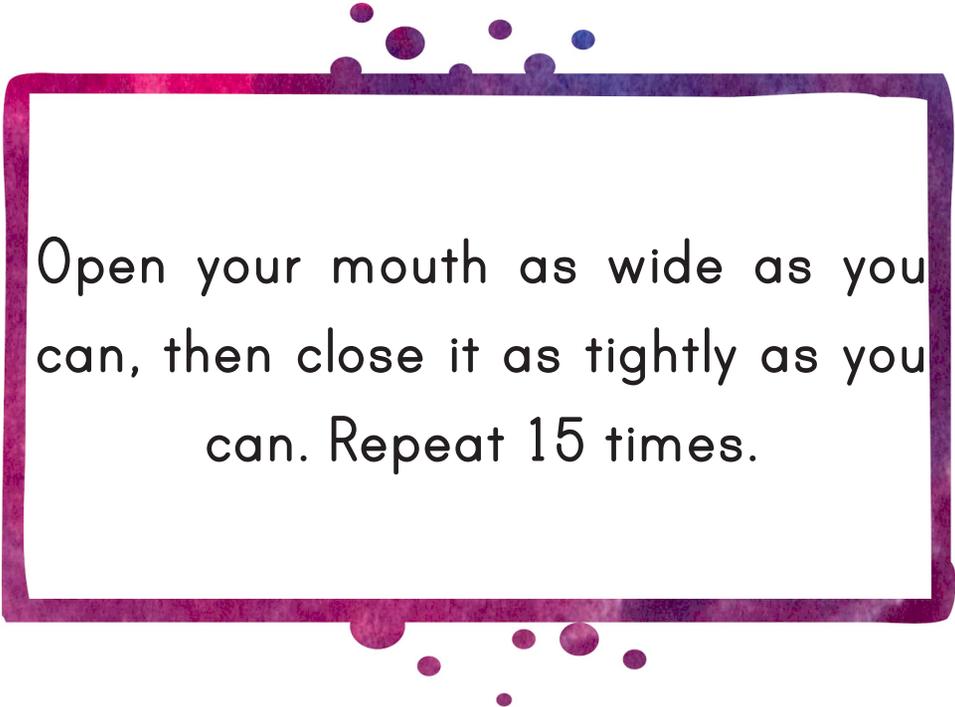
Swallow while biting your teeth together as hard as possible. Repeat 5 times.

Swish a small amount of water around in your mouth for 15 seconds, then “trap” it on the top of your tongue. Lift your tongue to the spot behind your upper front teeth and swallow. Repeat 3 times.

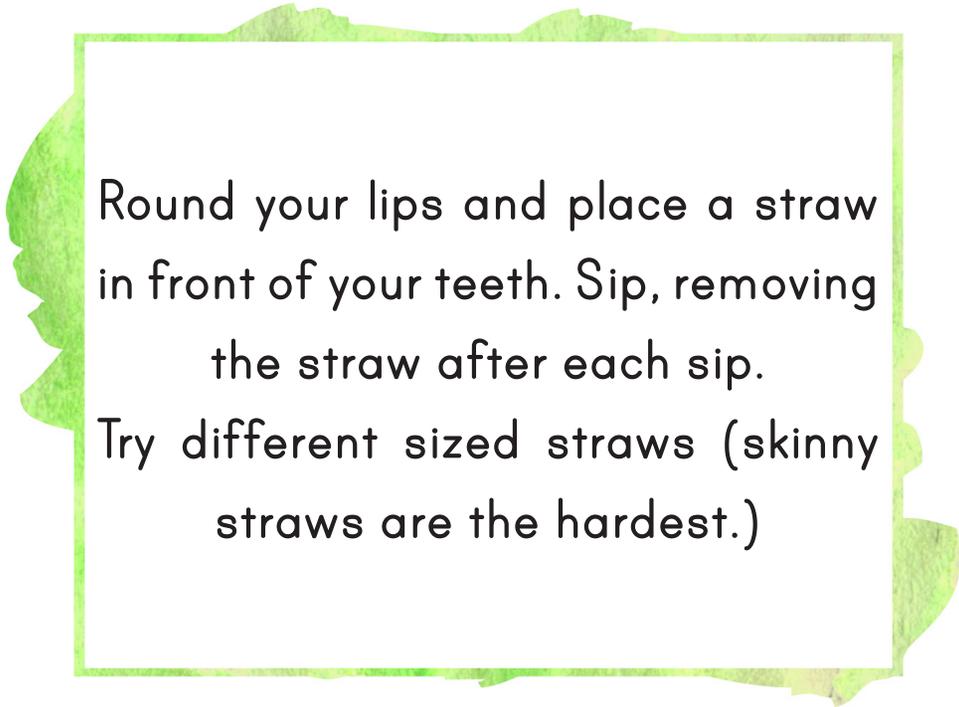
Bite down on a chopstick or pencil, putting your tongue on top of it. Say “kah-kah-kah,” then swallow. Repeat 10 times. Repeat 6 times.

Drink small sips from an open cup while keeping your tongue on the spot behind your upper front teeth. Swallow without pushing against your teeth. Repeat 5 times.

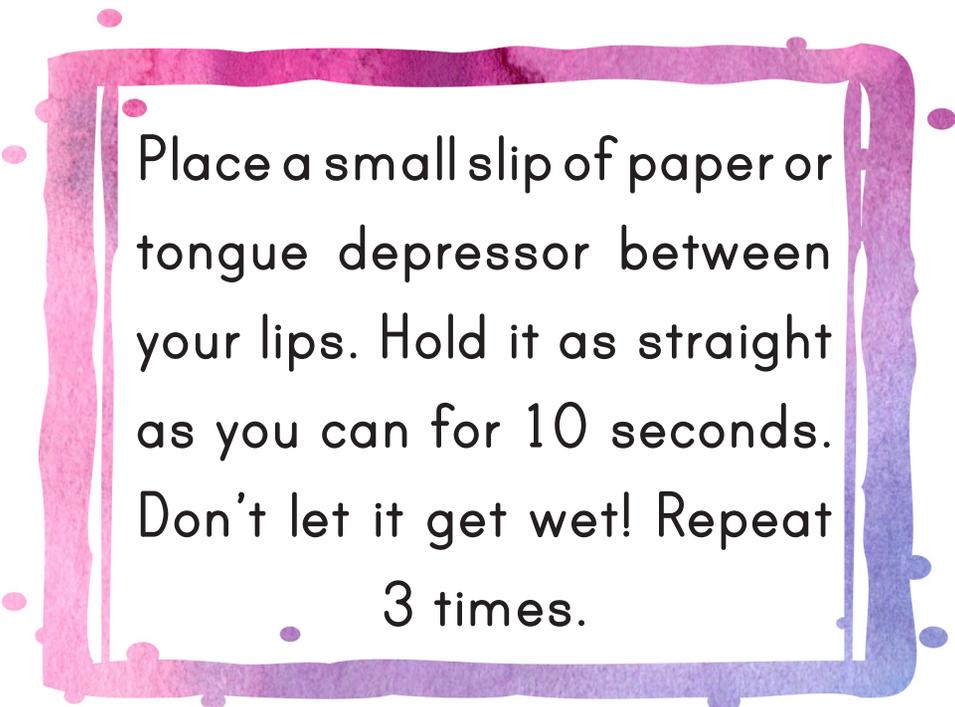
With a spray bottle, squirt water into the back of your mouth. Move your tongue up and back as you swallow. Repeat 5 times.



Open your mouth as wide as you can, then close it as tightly as you can. Repeat 15 times.



Round your lips and place a straw in front of your teeth. Sip, removing the straw after each sip.  
Try different sized straws (skinny straws are the hardest.)



Place a small slip of paper or tongue depressor between your lips. Hold it as straight as you can for 10 seconds. Don't let it get wet! Repeat 3 times.



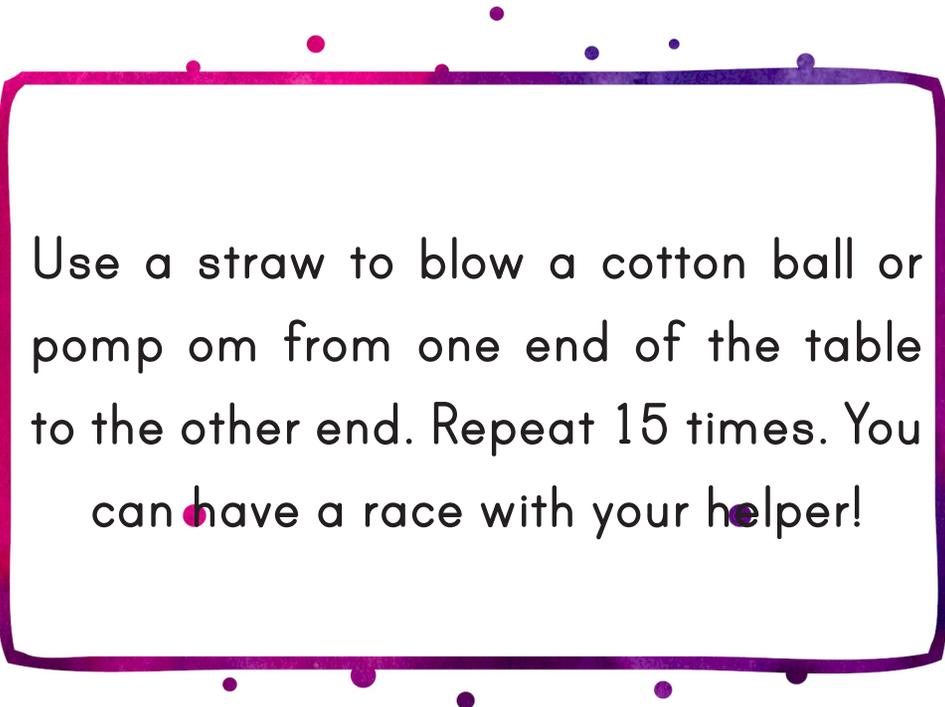
Purse your lips and make a kissing sound.  
Repeat 20 times.

Alternate saying "OOO-EEE." Round your lips as much as you can on the "OOO" and stretch them as much as you can on the "EEE." Repeat 30 times.

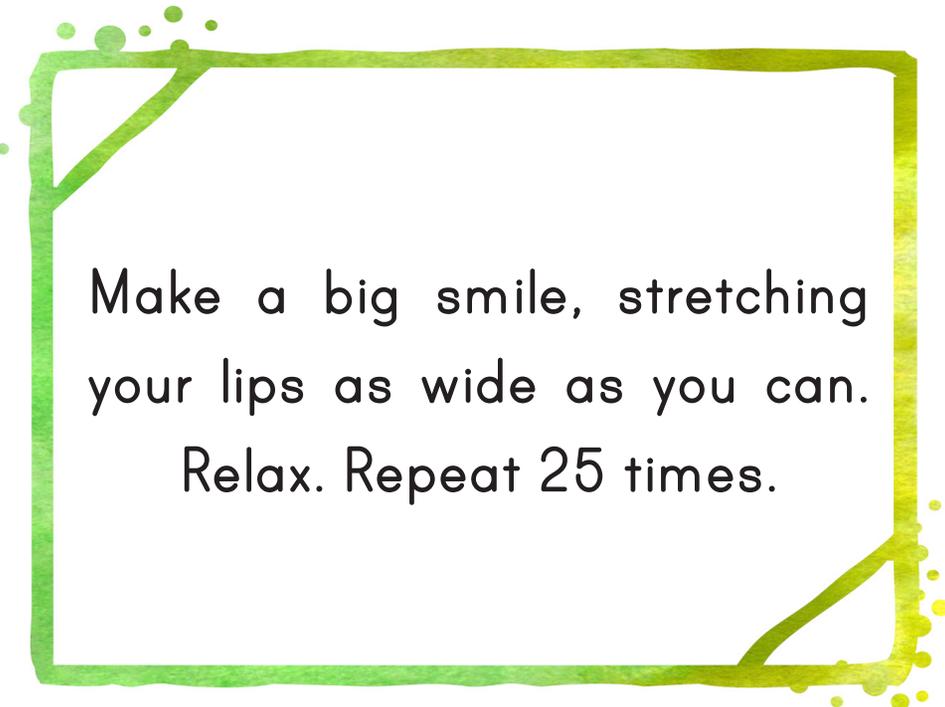
String two buttons onto a floss or string loop. One button is held between the closed lips and closed teeth. Pull the other button at the center of the mouth gently for 25 seconds. Start at a button that is  $7/8$ " and move down as able,  $3/4$ ",  $5/8$ ",  $1/2$ ", and  $3/8$ ".

Place a small slip of paper or tongue depressor between your lips. Hold it as straight as you can for 10 seconds. Don't let it get wet! Repeat 3 times.

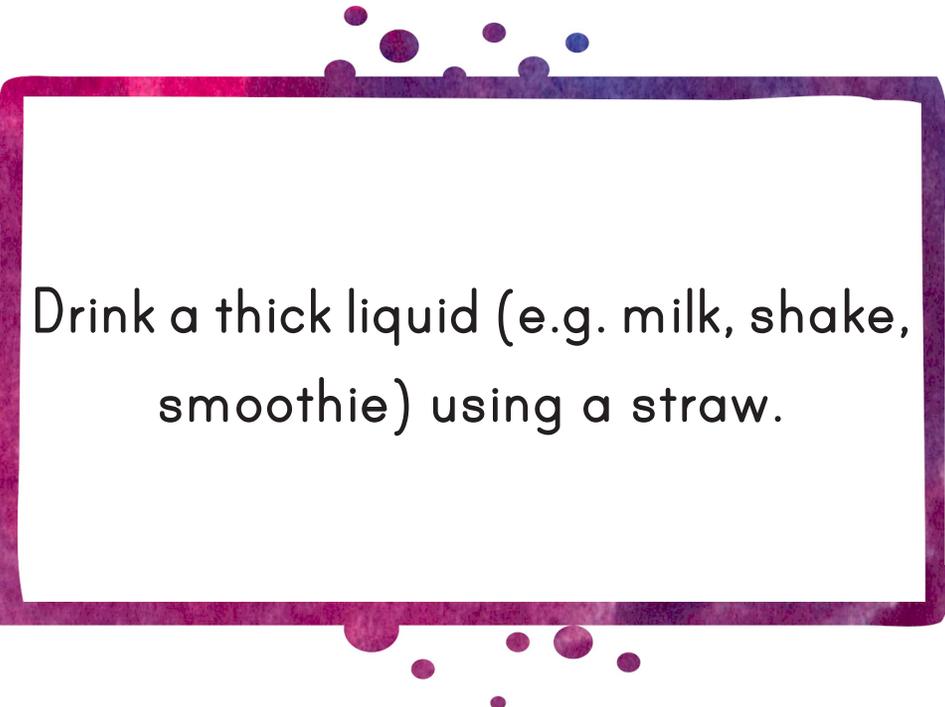
Stretch your upper lip over your lower lip and push as hard as you can toward your chin for 10 seconds. Repeat 3 times.



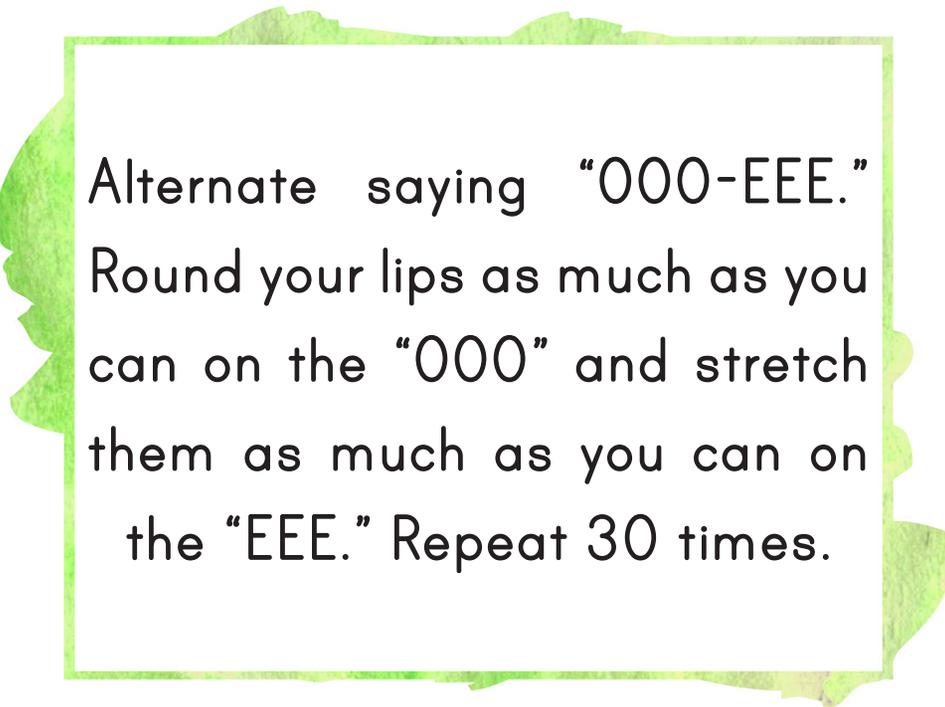
Use a straw to blow a cotton ball or pompom from one end of the table to the other end. Repeat 15 times. You can have a race with your helper!



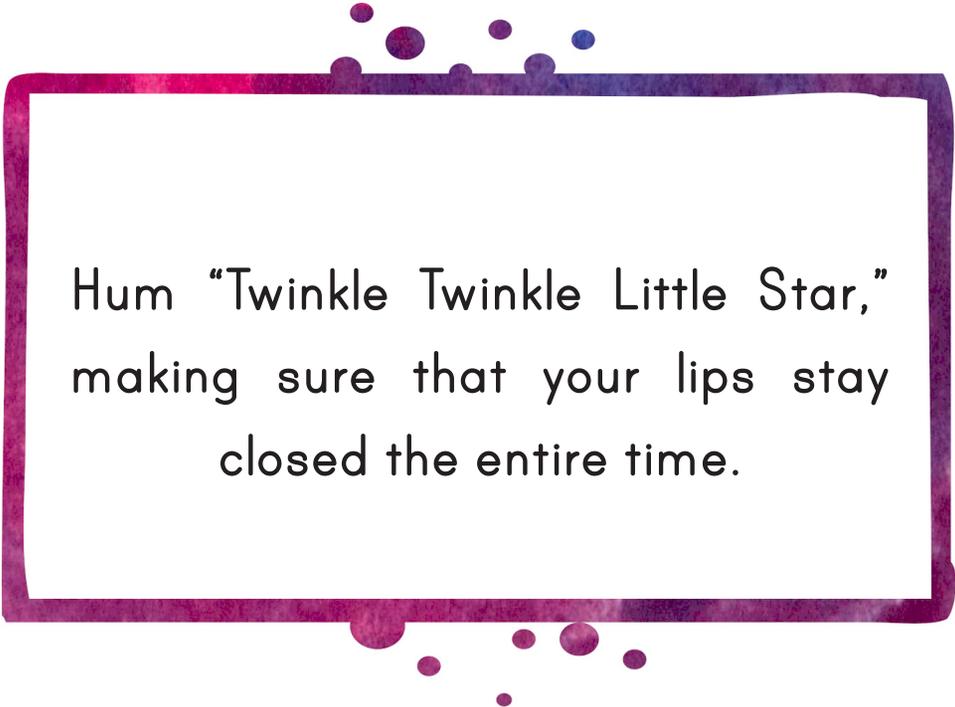
Make a big smile, stretching your lips as wide as you can. Relax. Repeat 25 times.



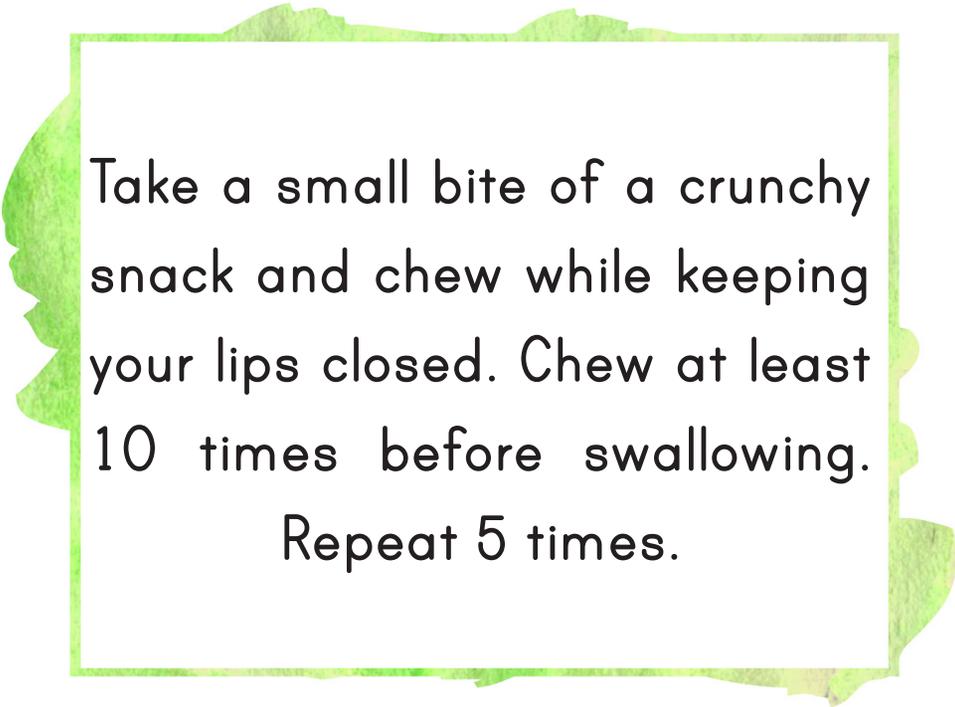
Drink a thick liquid (e.g. milk, shake, smoothie) using a straw.



Alternate saying "OOO-EEE."  
Round your lips as much as you can on the "OOO" and stretch them as much as you can on the "EEE." Repeat 30 times.



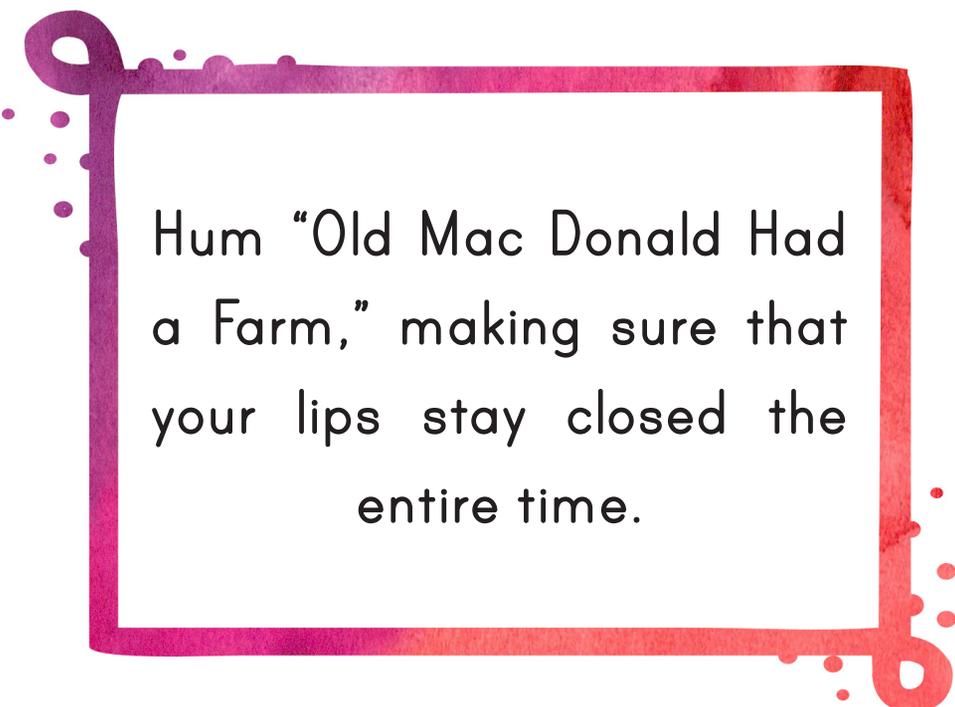
Hum "Twinkle Twinkle Little Star," making sure that your lips stay closed the entire time.



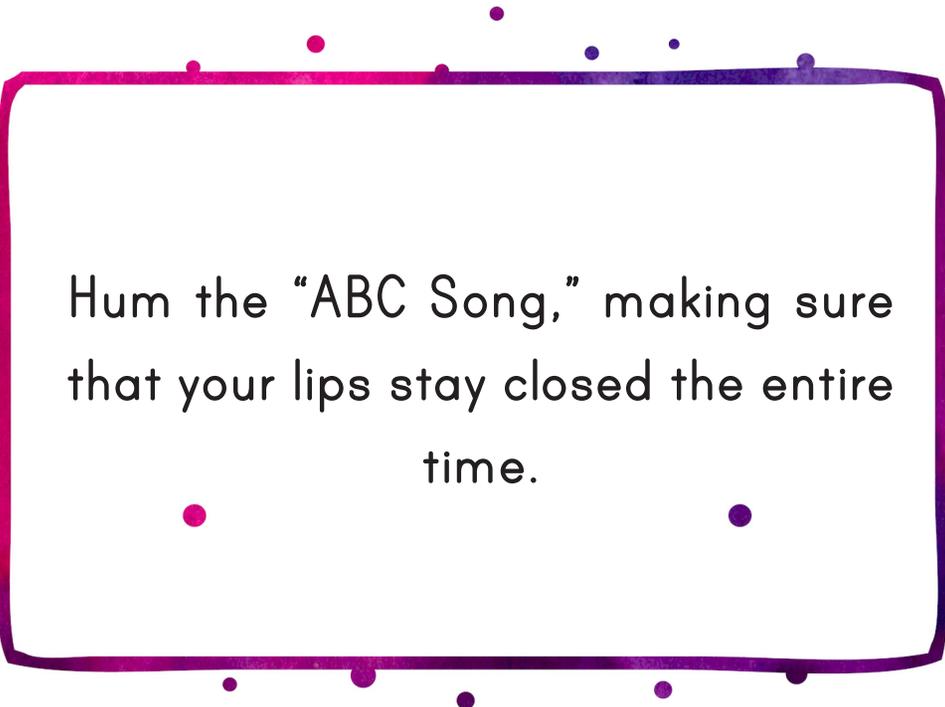
Take a small bite of a crunchy snack and chew while keeping your lips closed. Chew at least 10 times before swallowing. Repeat 5 times.



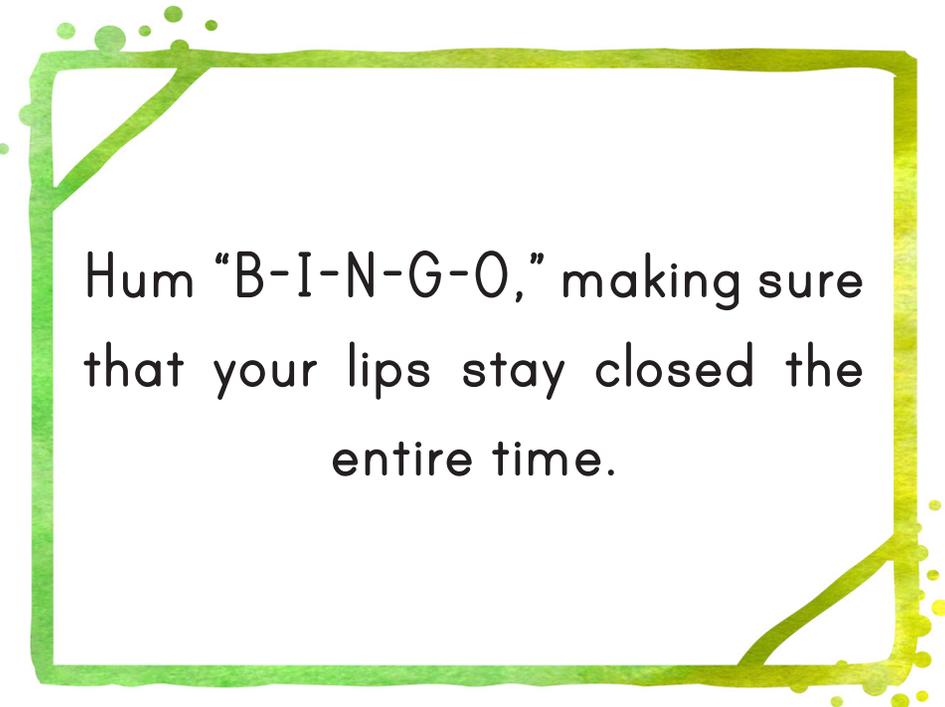
Blow up a balloon holding it between your lips (not your teeth.) Repeat 3 times.



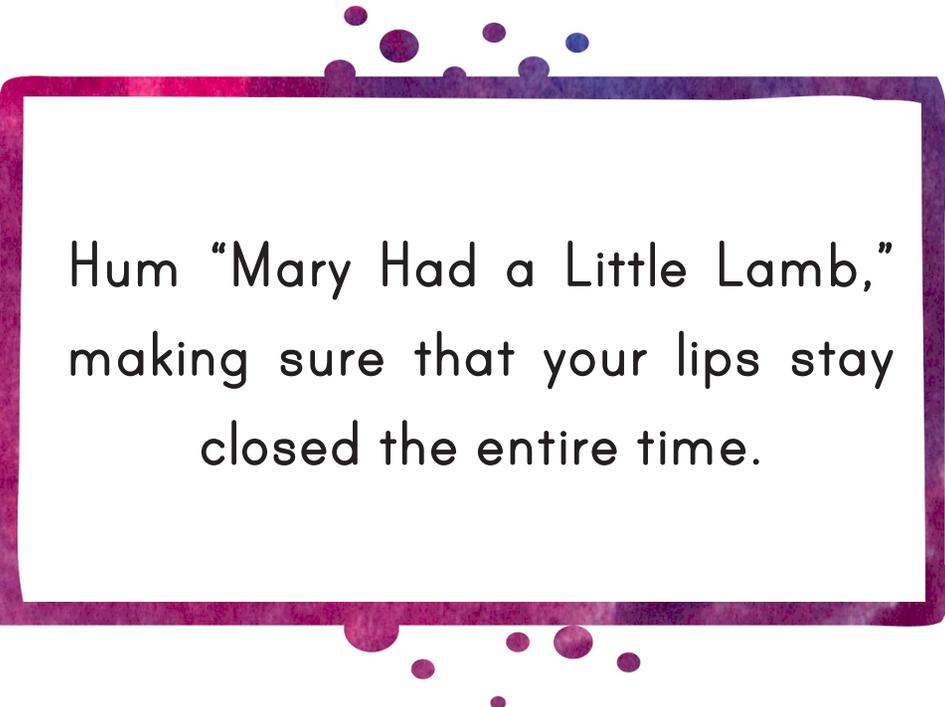
Hum "Old Mac Donald Had a Farm," making sure that your lips stay closed the entire time.



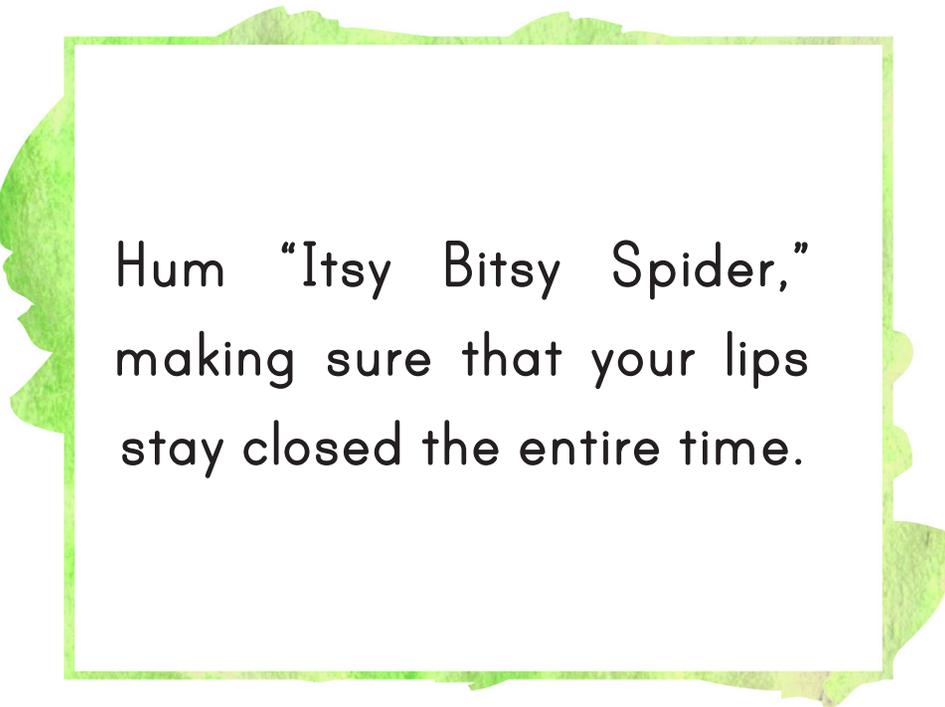
Hum the "ABC Song," making sure that your lips stay closed the entire time.



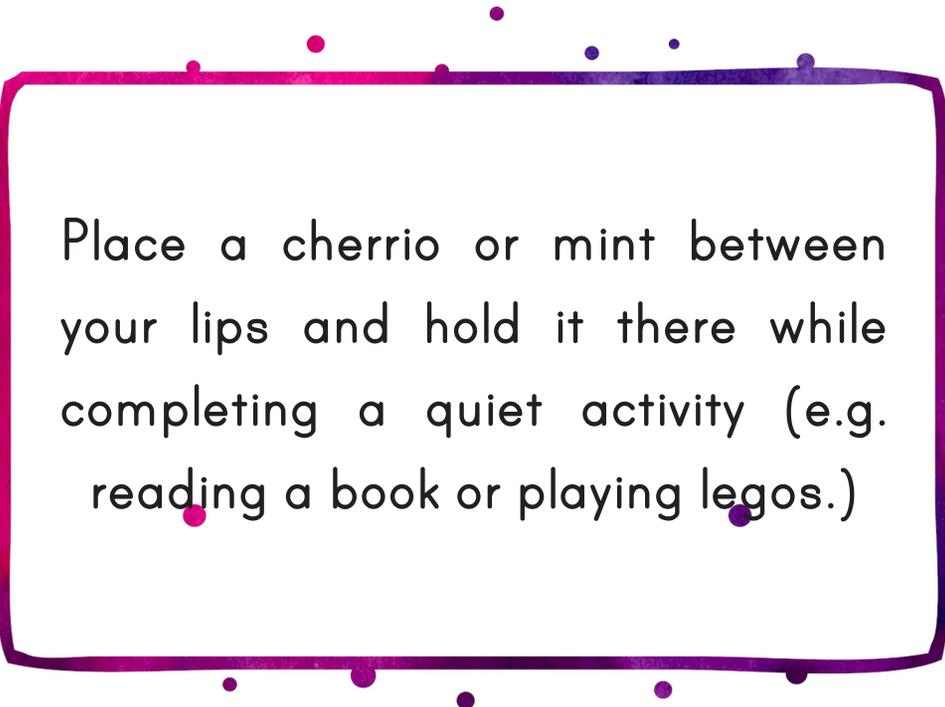
Hum "B-I-N-G-O," making sure that your lips stay closed the entire time.



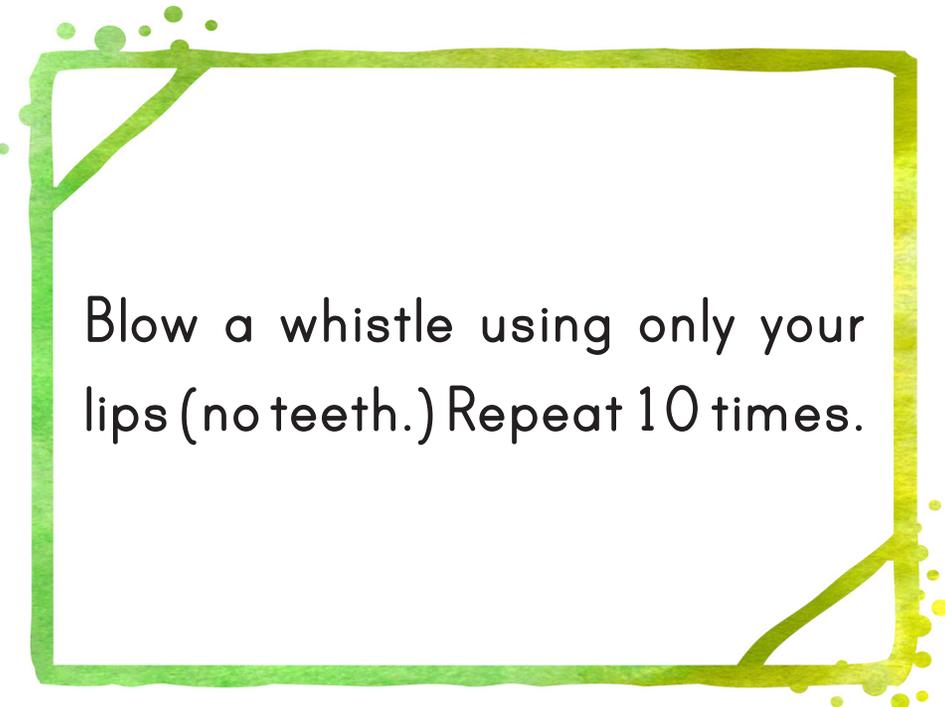
Hum "Mary Had a Little Lamb," making sure that your lips stay closed the entire time.



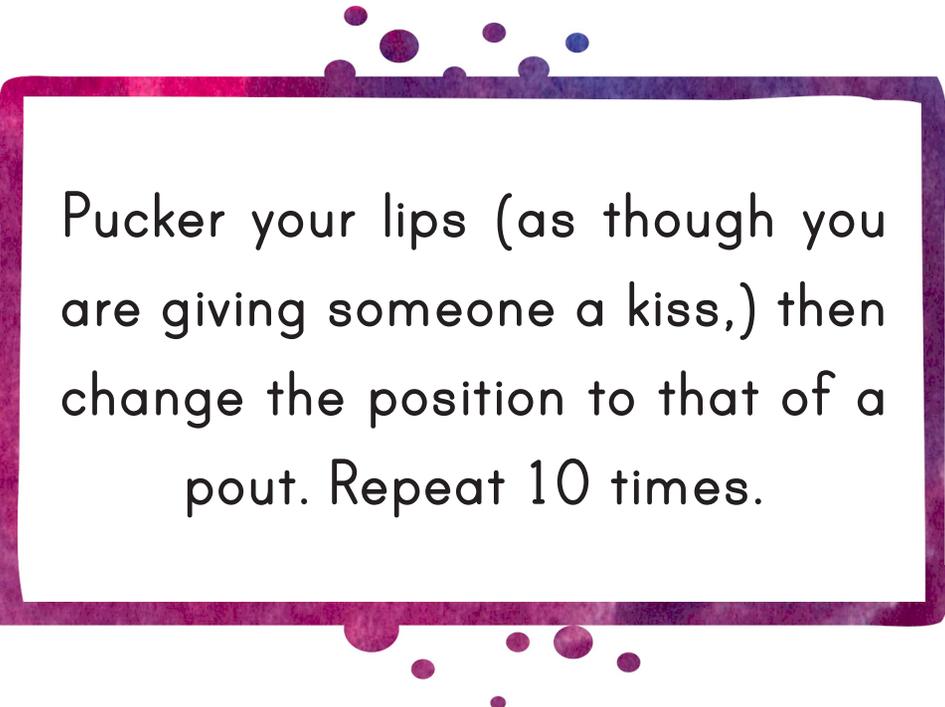
Hum "Itsy Bitsy Spider," making sure that your lips stay closed the entire time.



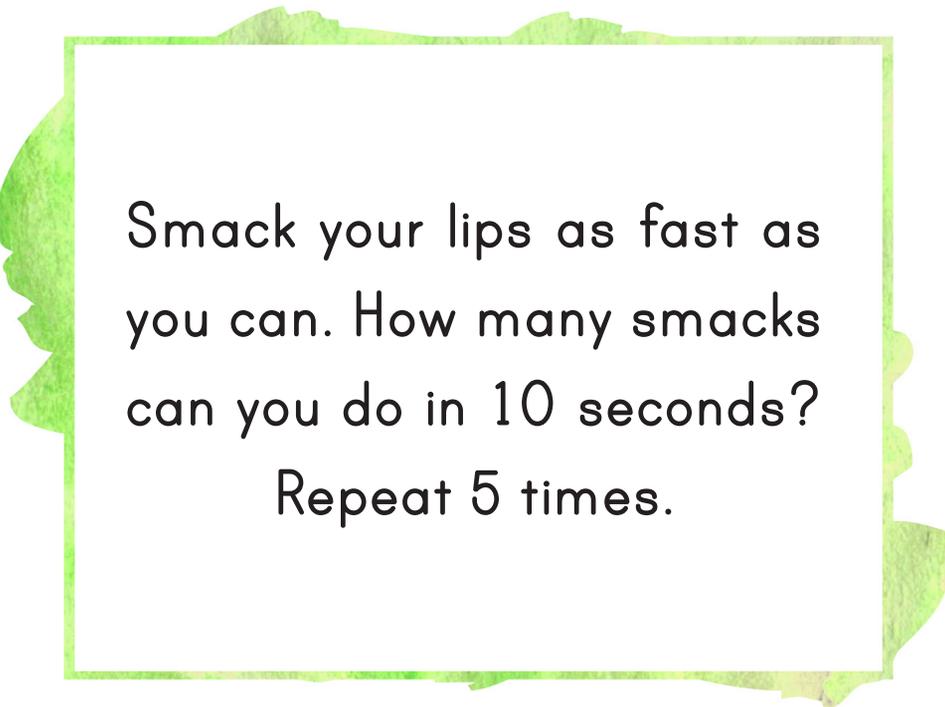
Place a cherrio or mint between your lips and hold it there while completing a quiet activity (e.g. reading a book or playing legos.)



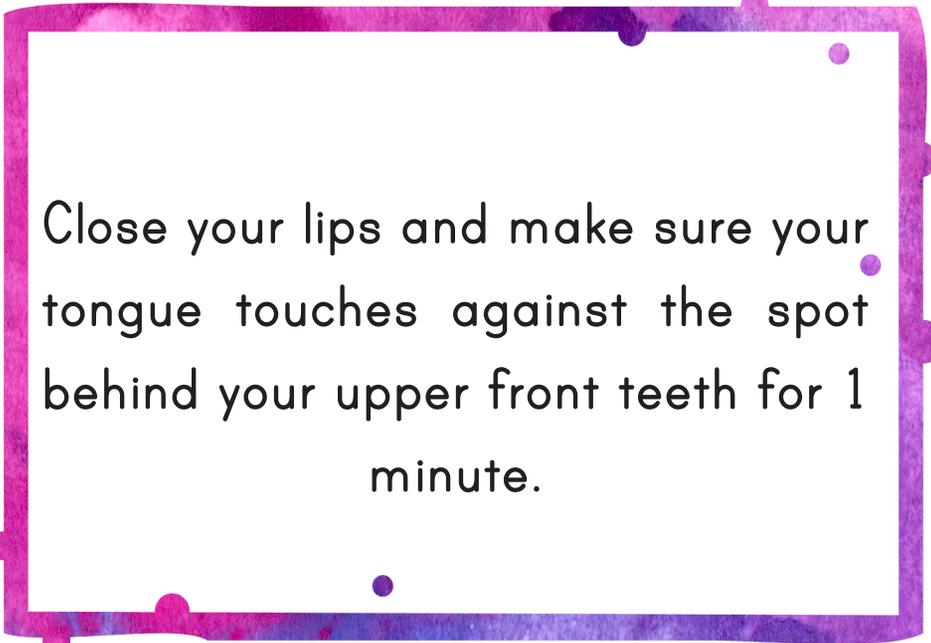
Blow a whistle using only your lips (no teeth.) Repeat 10 times.



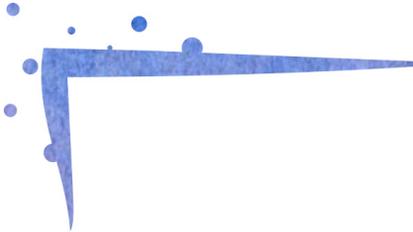
Pucker your lips (as though you are giving someone a kiss,) then change the position to that of a pout. Repeat 10 times.



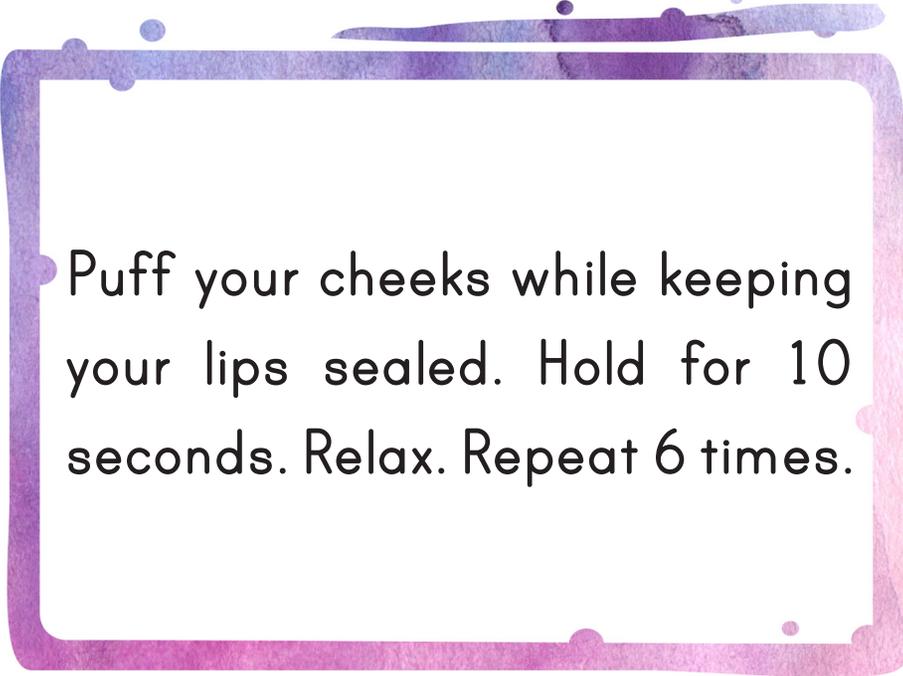
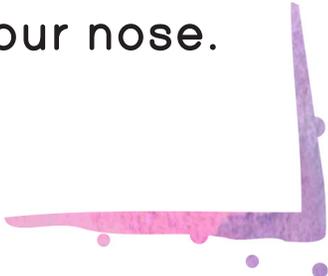
Smack your lips as fast as you can. How many smacks can you do in 10 seconds?  
Repeat 5 times.



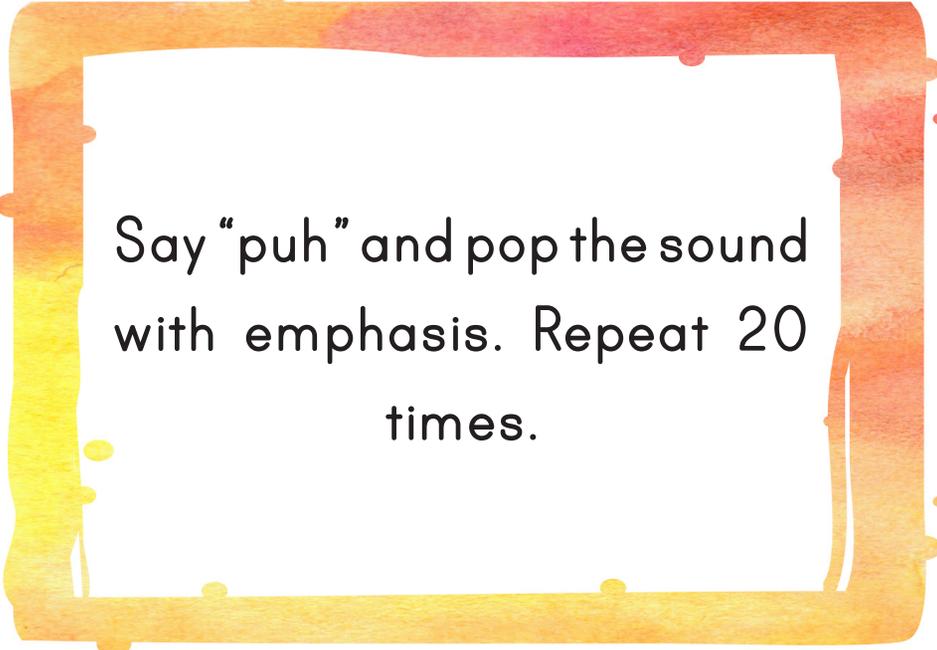
Close your lips and make sure your tongue touches against the spot behind your upper front teeth for 1 minute.



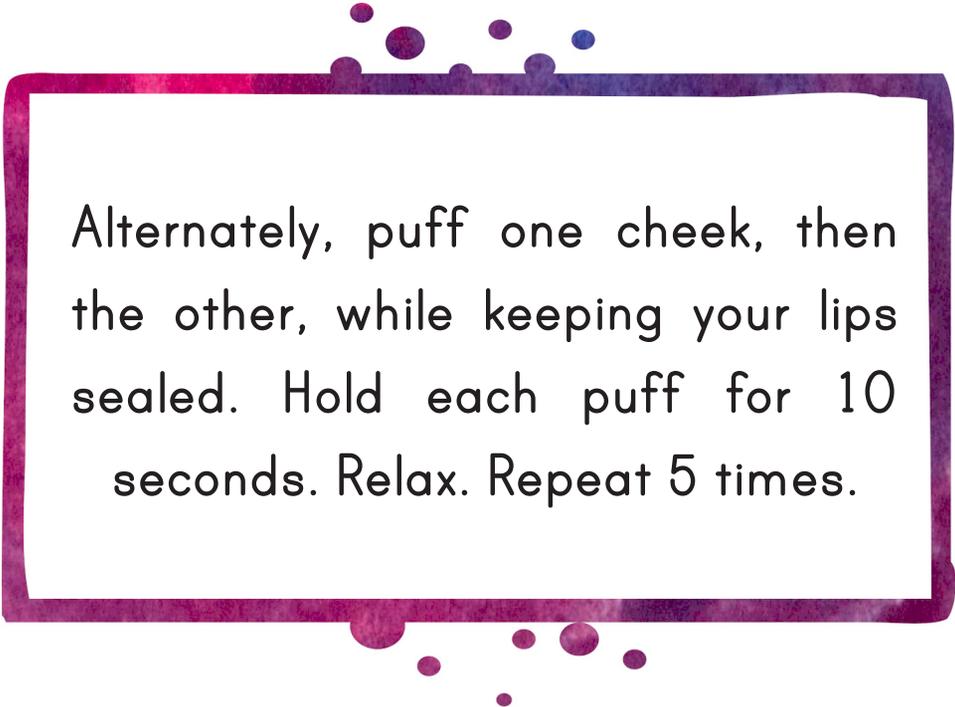
Keep your lips closed as tightly as you can for 1 minute and breathe through your nose.



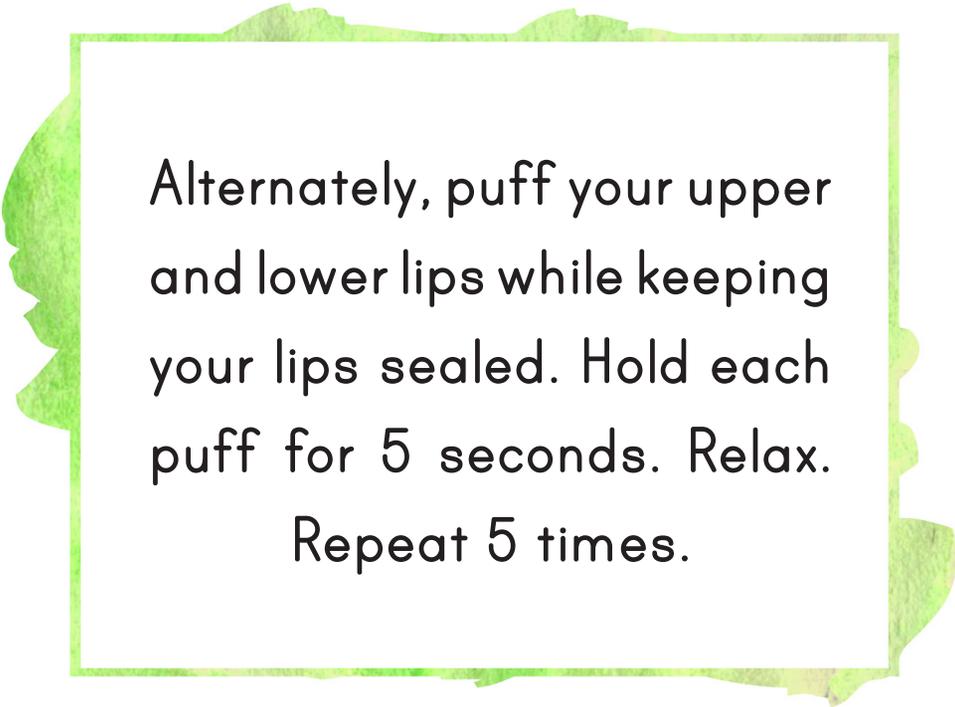
Puff your cheeks while keeping your lips sealed. Hold for 10 seconds. Relax. Repeat 6 times.



Say "puh" and pop the sound with emphasis. Repeat 20 times.



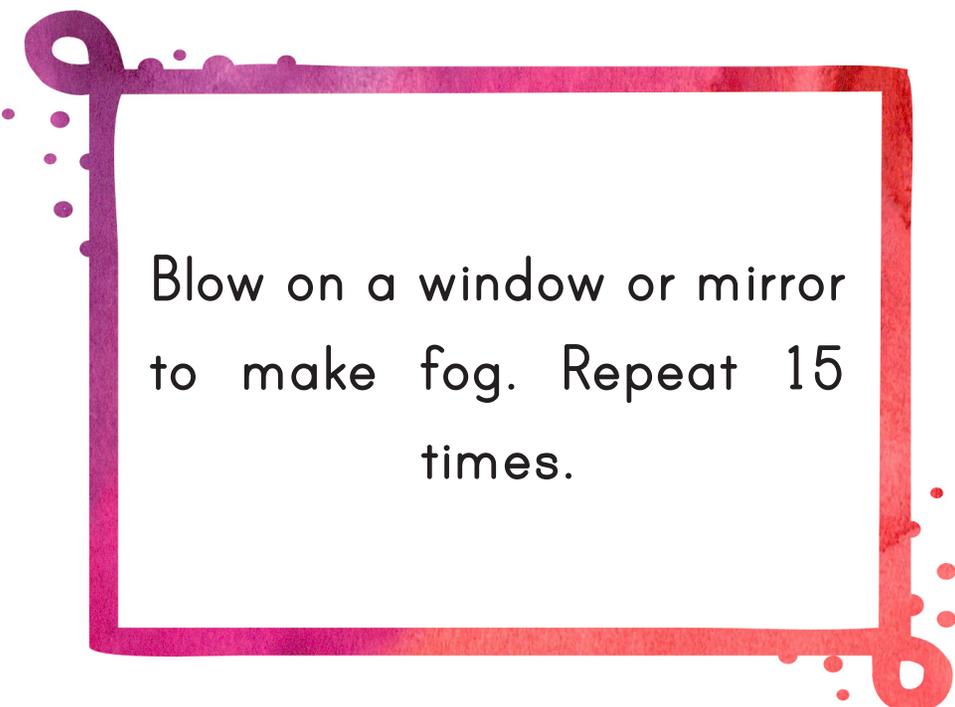
Alternately, puff one cheek, then the other, while keeping your lips sealed. Hold each puff for 10 seconds. Relax. Repeat 5 times.



Alternately, puff your upper and lower lips while keeping your lips sealed. Hold each puff for 5 seconds. Relax. Repeat 5 times.



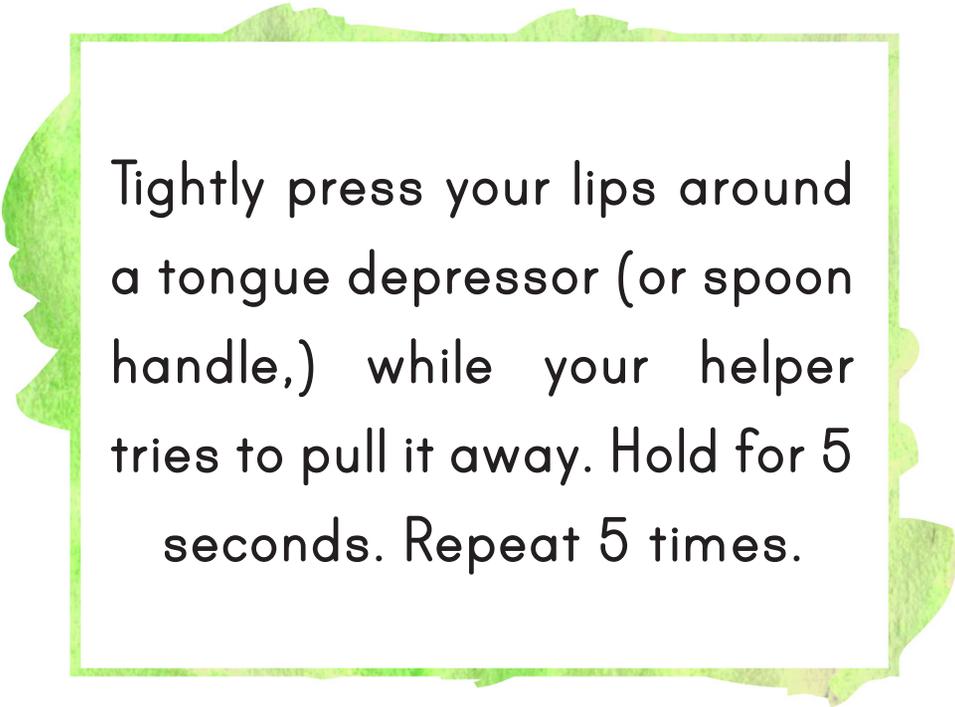
Purse your lips to make a kiss. Slight the kiss to the right and then the left. Repeat 20 times.



Blow on a window or mirror to make fog. Repeat 15 times.



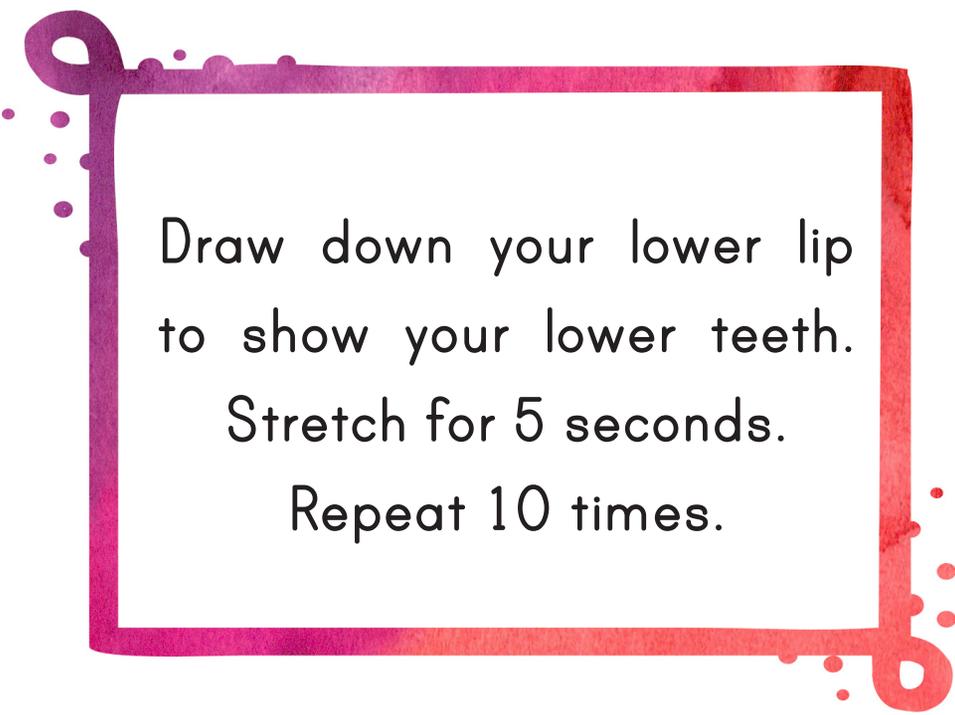
Pucker your lips and hold them in that position for 5 seconds. Repeat 10 times.



Tightly press your lips around a tongue depressor (or spoon handle,) while your helper tries to pull it away. Hold for 5 seconds. Repeat 5 times.



Pucker your lips, then change the position to that of a big smile. Repeat 10 times.



Draw down your lower lip to show your lower teeth. Stretch for 5 seconds. Repeat 10 times.

Place your upper lip over your lower lip as far as possible, then place your lower lip over your upper lip as far as possible. Try to alternate the movements quickly for 20 seconds.

Chew some gum using your back molars, keeping your lips closed.

Chew at least 3 minutes.

Eat a chewy treat (e.g. gummy bears, licorice.) Chew each bite at least 10 times.

Place your fingers on each side of your jaw. Put your tongue on the roof of your mouth. Bite your back teeth together hard and feel the muscles flex.

Count to 10 and relax.

Repeat 5 times.

Sing "Old Mac Donald" and exaggerate the jaw movements during the vowels "e-i-e-i-o."

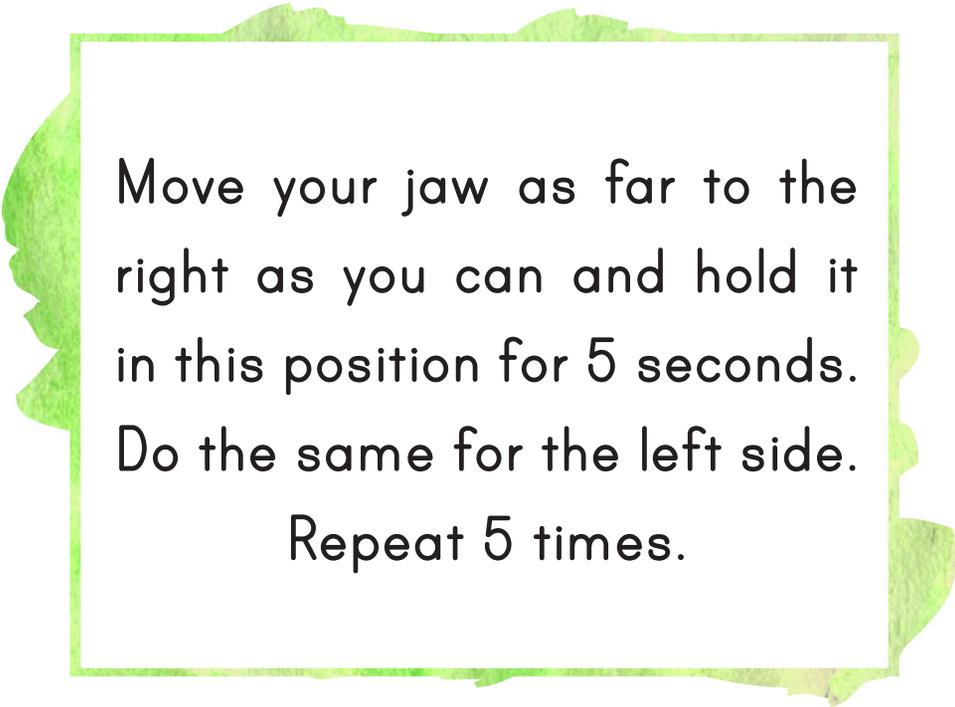
Open your mouth and have someone hold your chin firmly. Try to close your mouth using nothing but your jaw muscles - do not move your head! Hold for 5 seconds. Repeat 5 times.

Say "EE-OO-AH" lowering the jaw as far as you can for each sound. Repeat 20 times.

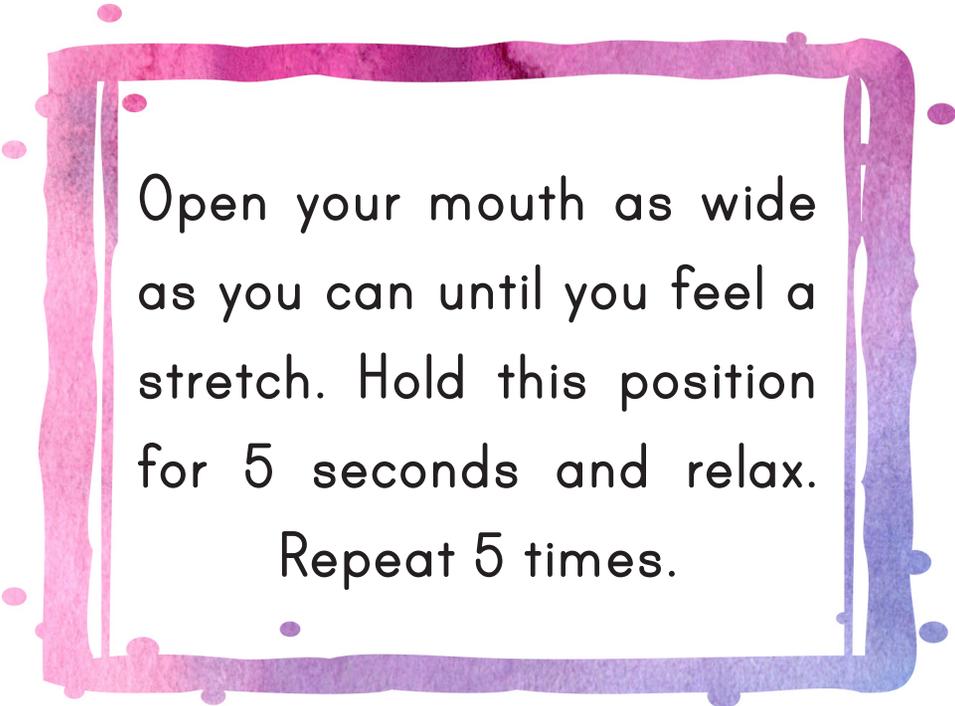
Eat a crunchy food (e.g. raw carrots, crackers.) Chew each bite at least 10 times. Repeat 5 times.



Rotate your jaw around in a circle making it move as far in each direction as you can until you feel a stretch. Repeat 5 times.



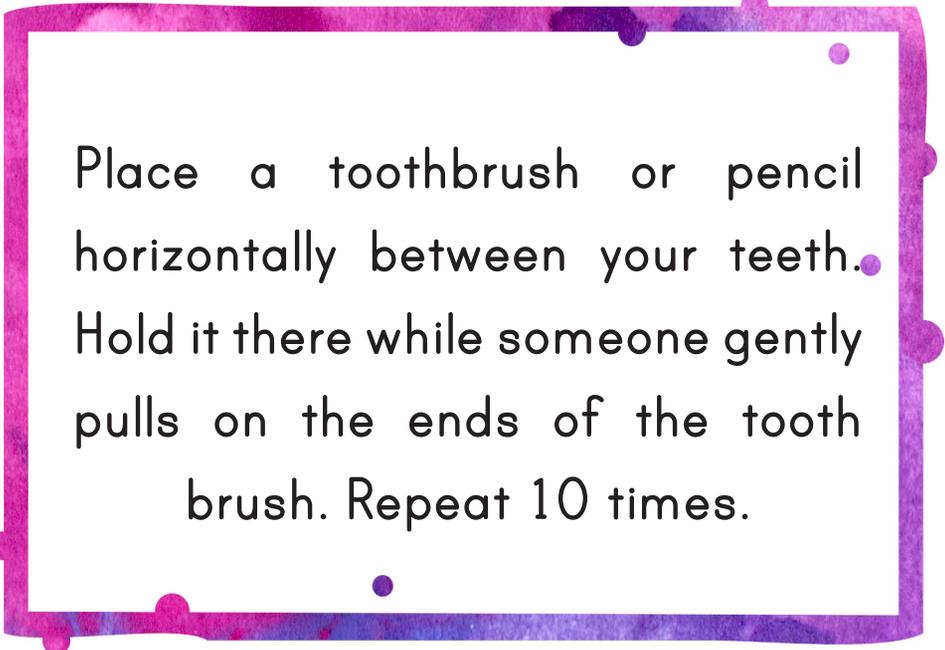
Move your jaw as far to the right as you can and hold it in this position for 5 seconds. Do the same for the left side. Repeat 5 times.



Open your mouth as wide as you can until you feel a stretch. Hold this position for 5 seconds and relax. Repeat 5 times.



Place a licorice stick between your molars. Have someone gently pull the licorice stick while you bite down. Repeat 5 times on each side.



Place a toothbrush or pencil horizontally between your teeth. Hold it there while someone gently pulls on the ends of the toothbrush. Repeat 10 times.



Place a toothbrush or pencil between one side of your teeth. Bite down lightly to hold it in place. Say “tah-dah-nah” and try not to move the handle.

Repeat 5 times.

