

## L

1. Exercises 10x each in the morning and then in the evening with a mirror
  - \*Tongue up and down from the floor of the mouth to the inside of the top front teeth.
  - \*Clicking the tongue or popping the tongue
  - \*Lifting the tongue to the top of the mouth, just behind the top teeth and hold for a count of 5
2. Sounds: morning and evening, with a mirror, the tongue should slightly inside of the top teeth producing 5 short pulses of the /l/ sound leaving tongue up in the position behind the teeth.
3. Syllables: say each set 1 x in the morning and evening with a mirror

la	ala	al
lee	elee	eel
lay	alay	ale
low	olow	ol
loo	ooloo	ool
4. Words:

lace	a lot	tool
lamp	color	smell
learn	ceiling	fall
lift	balloon	pool
like	fallen	wall
low	eyelash	while
look	pillow	tall
leaf	pulling	tell
lion	hello	mall
loud	Taylor	ball
5. Oral-read a paragraph letting your eyes skim for words that start with the /l/ sound, then read that paragraph aloud stopping to concentrate where your tongue is (lifted just behind the front teeth) when you reach that word.