

HOME ORAL MOTOR EXERCISES

Tongue

- Stick tongue out of mouth then move in 10 times
- Open mouth, move tongue from floor of mouth to top 10 times not moving jaw.
- Open mouth, move tongue from floor up so the tip is just behind the front teeth as in making the /l/ sound, 10 times.
- 10 tongue pops/clicks.
- Keeping lips closed, protrude tongue out of each side of cheek 10 times on each side. Student can feel with their hand the lump the tongue makes in the cheek.
- Lick the top lip with tongue left to right then right to left, slowly not moving lower jaw. 10 times
- Lick bottom lip with tongue left to right then right to left slowly not moving the lower jaw 10 times
- Move tongue outside of mouth up to try to touch the nose, moving the jaw as little as possible, 10 times
- Move the tongue outside of the mouth down to try to touch the chin, moving the jaw as little as possible, 10 times
- Use a straw to drink liquid or suck up an M&M/Skittle/button/cotton ball with the end 10 times which increases retraction of the tongue inside the mouth for the /r/ sound.

Mouth

- Open mouth wide then shut tight 10 times

Lips

- Move lips from smile to pucker (as if you would say the word “oooh” 10 timesyou can say “eeeeee” and “oooo” as you are doing it
- Lips tight seal close then make popping sound as they open, start slow then see if you can go faster 10 times

Exercises should be done with a mirror if possible which will give the student feed back and increases accuracy with movements. These exercises should NOT be done all at one sitting, but rather the student can pick one or two a day to try in the a.m. then in the p.m. –after they brush their teeth is an ideal time because the mirror is right in front of them.