

## **4 – 5 MINUTE ORAL MOTOR WORKOUT**

### **TONGUE POINT – 10 times/ 5 second hold**

Stick out tongue and hold 5 seconds. Do Not use lips or teeth to help. Point the tongue

### **SIDE TO SIDE – 20 times**

Stick out tongue far (tongue point) and move it side to side. Do Not use lips or teeth to help.

### **TONGUE LIFT – 20 times**

Keep tongue in relaxed position inside mouth. Tongue tip up to back of teeth and lower to bottom teeth. Don't move the jaw

### **TONGUE BITE –**

Bite sides of tongue (not tongue tip)

Lower bottom jaw

Leave the sides of your tongue on the top teeth

Tongue tip should be loose

Tongue should be in a cup position