

## Oral Conditioning

Complete \_\_\_\_\_ repetitions of each exercise \_\_\_\_\_ times a day.

1. Scrape the roof of your mouth from front to back with your tongue.
2. Open your mouth, stick out your tongue, and push your tongue against a spoon (or tongue depressor) and hold.
3. Open your mouth and push up against a tongue depressor that your speech pathologist places in the middle of your tongue.
4. Say “Guh” firmly, with as much tightness in the back of your tongue as possible.
5. Put your tongue in your right cheek, push out the cheek as far as possible, hold for a second. (Repeat on the left side.)
6. Make a popping (clicking noise) with your tongue.
7. Sweep your tongue between your teeth and cheek, from back to front, on both sides of your mouth.
8. Smile wide, and then pucker your lips.
9. Puff your cheeks out, and then relax.