

Lip Exercises

Use a mirror to help you do these exercises.

Do _____ repetitions of each exercise.

Do _____ times each day.

1. Open and close your mouth slowly. Be sure your lips are closed all the way.
2. Pucker your lips, as for a kiss. Hold. Relax.
3. Spread lips into a big smile, showing your teeth. Hold. Relax.
4. Pucker, hold, smile, hold. Saying “OOO - EEE” may make this easier to do.
5. Close your lips tightly and press together. Hold. Relax.
6. Pucker, move lips left and right.
7. Purse and round lips and blow as if to whistle.