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.


6. Pucker, move lips left and right.

7. Purse and round lips and blow as if to whistle.