

Tongue Exercises

Use a mirror to help you do these exercises.

Do _____ repetitions of each exercise.

Do _____ times each day.

1. Open your mouth and stick your tongue straight out. Hold. Relax.
2. Stick out your tongue and move it slowly from side to side. Hold in each corner, relax. Be sure your tongue actually touches each corner each time.
3. Stick out your tongue and try to reach your chin with the tongue tip. Hold at farthest point. Relax.
4. Stick out your tongue and try to reach your nose with the tongue tip. Don't use your bottom lip or your fingers as helpers. Hold as far up as you can. Relax.
5. Stick out your tongue. Move your tongue up and down. Go slowly and use as much movement as you can. Relax.
6. Stick your tongue out and pull it back. Relax.
7. Stick your tongue straight out and push it against the back of a spoon or tongue blade.
8. Lick all of the way around your lips, making a smooth even circle with your tongue.
9. Put your tongue inside your cheek, pushing it out. Push left then right.
10. Open your mouth and raise the tongue tip up to the ridge behind your front teeth. Bring the tongue down to rest.
11. Raise your tongue tip up to the roof of your mouth and pull it back along the roof. Bring your tongue down to rest.
12. Move your tongue from the outside of the upper teeth clockwise touching each tooth going around behind the last tooth on the right side of the mouth continuing the clockwise movement behind the upper teeth until each tooth has been touched in front and in back. Do the same with the bottom teeth. Reverse direction.

From: "What is it like to have aphasia? A series of simulation activities to educate families, friends and caregivers." Interactive Therapeutics, in press 1999.