# BODY BALANCING EXERCISES
# NO SUGAR FOR 1 HR PRIOR TO EXERCISES/DRINK WATER FIRST

**# 1: BODY BALANCERS**
**BRAIN BUTTONS)**

- Standing or sitting, head up straight
- Place your thumb and index finger 4" apart on your chest, just under the collar bones
- Place your other hand over the belly button
- Massage back and forth with your thumb and index finger for a 10 count
- Switch position of the hand and fingers
- Repeat massage for a 10 count

**ELEPHANT EARS**

- With your head on your Left Arm, point the fingers and trace a pattern of a big set of elephant ears....always trace UP and to the left first, then down, UP to the Right, then down, completing to where you began.
- With your head on your Right Arm, point the fingers and repeat the elephant ear trace
- Be sure to do slowly 1x each

**#2: CROSS CRAWLS**
DO SLOWLY with a PAUSE between

- Standing straight, head up straight
- As you bring your left knee up and across the body, bring your right arm forward and across the body...hit your arm on the knee....forming an X Pause
- As you bring your right knee up and across the body, bring your left arm forward and across the body...hit your arm on the knee...forming an X
- Repeat 3x slowly

**# 3: SIDE KICKS**
Do SLOWLY with a PAUSE between

- Standing straight, head up straight
- Kick your left leg forward and across the body as you swing your right arm forward and across the body...forming an X
- Kick your right leg forward and across the body as you swing your left arm forward and across the body...forming an X
- Repeat 3 X slowly

**DIAMOND GAIT WALK**

- A walking exercise, preferably on grass or dirt
- Body straight, head up straight, eyes looking up
- On the first step, breathe in through the nose and push your tongue against the top of the mouth.
- On the 2nd, 3rd, and 4th steps, breathe out through your mouth while saying the words "Ha, Ha, Ha"
- Walk continuously in a large circle
- Make sure that your breathing and words MATCH the gait of your feet
- Make sure that your arm and legs are ALWAYS moving as opposites...right arm forward with left leg forward....left arm forward with right leg forward
- If the left or right leg and left or right arm are moving together, stop and begin again making sure you have opposite leg and arm motion
- Do exercise for 5 minutes

**# 4: BODY BALANCER SQUATS**

- Hold the lobe of the right ear with the index finger and thumb
- Hold the lobe of the left ear with the index finger and thumb (arms will now be crossed over the front of the body, but always do the right ear first)
- Inhale as you do a SQUAT
- Exhale as you bring your body up
- Repeat for 5 minutes
- More than once a day is helpful

**Mini Trampoline Exercise**

- Jog on a mini trampoline
- Swing the arms opposite of the leg motion
- Bounce on the trampoline, jumping up and down with both feet at the same time
- Sprint on the trampoline, bringing the knees high as you spring.

Orofacial Myofunctional Therapy Exercises
Tongue Tone

| | |
|---|---|
| **The Snake:**<br><br>Place the bubble wand circle between the anterior teeth<br>Form a tight point of the whole tongue within the mouth-point the tip within the circle of the wand<br>Keep the tongue tight, retract it back to touch the throat wall<br>Then say the word "UNK"<br>Repeat 6x | **The Gum Push:**<br><br>Chew a piece of the Spry/Orbit gum<br>Roll it into a ball<br>Place it on the middle of the tongue<br>Place the tip of the tongue on the spot<br>Push up with the center tongue muscles, using the whole tongue to push the gum against the top of the mouth<br>When done properly, the gum will form a narrow-flattened-streak from the middle of the tongue back toward the throat<br>Chew and roll into a ball and repeat<br>Repeat 6x |
| **Tongue Gymnastics: BOX**<br><br>Tighten the tongue into a narrow point.<br>With the pointed tip of the tongue, touch the side of the last molar on the UR.<br>Keep the point, touch the side of the last molar on the UL.<br>Keep the point, touch the side of the last molar on the LL<br>Keep the point, touch the side of the last molar on the LR<br>Form this "BOX" 5x | **Tongue Gymnastics: X formation**<br><br>Tighten the tongue into a narrow point.<br>With the pointed tip of the tongue, touch the side of the last molar on the UR.<br>Keep the point, touch the side of the last molar on the LL.<br>Keep the point, touch the side of the last molar on the UL<br>Keep the point, touch the side of the last molar on the LR<br>Form the "X" 5x |
| **Mint Suck:**<br><br>Place a round-flat sugarless candy on the middle of the tongue.<br>Tip of the tongue to the spot<br>Suck the candy against the top of the mouth until gone or for, at least, 10-20 minutes or during the full Reminder Exercise time.<br>Be sure that you do not tighten/purse your lips during this time | **Straw Suck:**<br><br>Use different sizes of straws from a large size, to medium, to a very small (coffee stirrer) size.<br>Bite the teeth together, place straw in front of the teeth, head up<br>Suck in a sip of water, collect the water onto the middle of the tongue, swallow<br>Repeat this pull, gather, swallow 10X with each straw size |
| **Button Twist Hold:**<br>Place two knots in the string of the "button twist" exercise string, approximately 1" apart.<br>Place 2 Twist buttons on the other end.<br>Hold the knots of the string against the top of the with the tip and middle of the tongue for 30 sec.....build time to 1 min or more<br>Add more and more buttons | **The Alphabet:**<br><br>With the tip of the tongue pointed, trace letters of the alphabet against the top of the mouth. |

# LIP TONE AND LIP STRENGTH EXERCISES

**PUMPING**

- Mix ¼ teaspoon of Salt in 4oz. Hot water
- Take a new mouthful of mixture for each area
- Pump forcefully 6X each area Upper lip, Lower lip, Rt. Cheek, and Lt. Cheek

**LIP-CHEEK-TRACE**

- Place the tongue under the upper lip and begin a circle trace from the upper lip, into the cheek, into the lower lip, into the other cheek, and back into the upper lip
- Keep the jaw& lips centered
- Do 4 slow circles to the left
- Do 4 slow circles to the right

**U. Lip Stretch**

- With thumb & index finger, pull the upper lip downward until the upper lip blanches white
- Hold for a 10 Ct.
- Repeat 5X

**LIP ROLL**

- Place index finger under the nose
- Rotate finger in a circle, stretching the upper lip downward
- Repeat 10X

**LIP MASSAGE**

- Pull the upper lip down over the upper teeth-do not let it change position during the whole exercise
- Bring the lower lip over the upper lip as far as possible
- Press and roll the lower lip down and back under the upper lip
- Repeat 6X

**E-OU-AH**

- Bite teeth, pull lips back, say the sound "EEEEEEE"
- Still biting, pull the lips forward into a tight circle, say the sound "OUU"
- Open wide, say the sound "AHHH

**BUTTON TWIST**

- Knot between teeth
- Move lower lip forward to pick up string
- Bring back into the mouth/Repeat until all of the string is in the mouth

**LIP SMACKS & LIP PRESS**

- Pull the lips back under the teeth
- Press the lips together for a 5 Count
- Release the lips with a "smacking" sound
- Press the lips together-5Ct.
- Repeat 10X

**PAPER PLATE HOLD**

- Pull the lips back over the teeth
- Insert the paper plate between the lips-the pinky part of the upper lip should not be visible
- Hold for a 10 Ct.
- Repeat 4x

**TUGS**

- Place the Button in front of your teeth and behind your lips
- Tighten your lips around the button
- Hold the other button in your other hand and pull the string straight ahead
- "Pop" the button from your lips
- Repeat 20 X

**TUG OF WAR**

Do the tugs with a partner, placing the button in each of your lips and tugging against each other-10 X

**JUG LIFT**

- Bend forward over the jug
- Place the button in your lips
- Lift the jug off the floor
- Keep your eyes looking at the floor and your chin tucked back to the chest
- Hold for a 10 Count
- Repeat 4 X

**THE CORK PULL**

- Place the cork between the lips
- Hold the cork with the fingers
- Suck in on the cork while pulling it from the lips-Repeat 10X

Orofacial Myofunctional Therapy Exercises
The Muscle Support Team

| | |
|---|---|
| ***TUBE BOUNCE***<br><br>***Step 1.*** **Place Tubing between the back teeth lengthwise**<br>***Step 2.*** **Pull lips back in a grin**<br>***Step 3.*** **Bounce & Squeeze on the tubing, keep the jaws lined up in the front, keep the lower jaw back-compress tubing and release**<br>***Step 4.*** **Feel over the ears to be sure the posterior temporalis muscles are working**<br>**Do for 1 minute-Do not do fast (stop as necessary for 10 seconds if muscles fatigue)**<br>***If there is an open bite in the posterior, use a thicker-heavier tubing to fill the space**<br><br>***If there is a shift of the jaw to one side, use tubing on the opposite side only until the muscle forces pull evenly**<br><br>***Use one long piece of tubing placed between the anterior and posterior teeth if needed for tooth contact in an anterior open bite case....or a child so parent can hold the anterior portion** | **The Wafer Squeeze:**<br><br>• **Place the Wafer between the teeth**<br>• **Pull the lips back in a grin**<br>• **Keep teeth in contact with the wafer for 1 minute as you Squeeze downward and release, Squeeze and release**<br>• **Feel over the ears to be sure the muscles are working**<br>**Alternate with the Tube Bounce**<br><br>**Be sure you have full tooth contact**<br>**Use extra pieces of the wafer and/or pieces of thick elastic rubber bands to obtain contact** |
| **The Myo Munchie:**<br><br>**Measure and choose the correct size of the Myo Munchie**<br>**Please the munchie between the teeth**<br>**Close the lips around the munchie**<br>**Squeeze and release into the munchie**<br>**Build time from a few minutes each day to as much as an hour daily**<br>**Clean the munchie before storing it** | **The Trainers:**<br><br>**Choose the correct size/trainer for the appropriate problem...child, adult, TMD, braces, etc.**<br>**Always begin with the soft version**<br>**Sleep with the trainer between the teeth with the lips closed (possibly taped)**<br>**Use the trainer with the Reminder exercise (if not using the munchie)** |
| **Be sure to test the posterior temporalis muscles when beginning a muscle matrix exercise by placing the fingers over the ear lobe into the hollow area over the ear. If no action the mandible is usually too far forward.** | |
| | |

# Miscellaneous Exercises-After Surgery, Jaw Shifts, Restricted Upper Arch

<table>
<tr>
<td><u>TUBE BOUNCE-Jaw Shift</u><br><br>If jaw is shifting to the left, do the tube bounce on the opposite side only with one piece of tubing.<br>When the muscle pull is corrected, do the tube bounce equally on both sides</td>
<td><u>THE FIST PUSH</u><br>• Sit at a table, lean on one elbow, head level, with the fist under the chin<br>• Open the jaw one inch with resistance of the fist pushing upward as you attempt to open more (Do not allow the lower jaw to shift forward)<br>• Push & Resist for a 10count<br>• Repeat 5x</td>
</tr>
<tr>
<td><u>TUBE BOUNCE</u><br><br>• Place Tubing between the back teeth lengthwise<br>• Pull lips back in a grin<br>• Bounce and Squeeze on the tubing<br>• Keep the jaws lined up in the front<br>• Keep the lower jaw back<br>• Feel over the ears to be sure the posterior temporalis muscles are working<br>Do for 1 minute (stop as necessary for 10 seconds if muscles fatigue)</td>
<td><u>WAFER SQUEEZE</u><br><br>• Place the Wafer between the teeth<br>• Pull the lips back in a grin<br>• Keep teeth in contact with the wafer for 1 minute as you Squeeze downward and release, Squeeze and release<br>• Feel over the ears to be sure the muscles are working<br>• Alternate with the Tube Bounce</td>
</tr>
<tr>
<td><u>THE PALATE PUSH</u><br><br>• Sit at a table, lean on elbows, head level<br>• Place the thumbs into the top of the mouth lengthwise along the teeth<br>• Lean onto the elbows while pushing up and out against the sides of the palate<br>• Push for 1 minute</td>
<td><u>THE MID-PALATE PUSH</u><br><br>• Sit at a table, lean on one elbow, head level<br>• Place the thumb into the middle of the top of the mouth as you lean on the elbow and you push upward<br>• Push hard for 1 minute</td>
</tr>
<tr>
<td><u>THE TONGUE ARC</u><br>• The Mouth is open<br>• Lift the mid portion of the back of the tongue to contact the palate at the hard-soft palate junction<br>• Rotate the tongue across the top of the back of the mouth from the center to the molars on the left<br>• Rotate the tongue back to the center and then to the molars on the right side<br>• Rotate the tongue back to the center Repeat 10 rotations</td>
<td></td>
</tr>
</table>

# TONGUE POP SWALLOWS/BACK OF THE TONGUE SWALLOWS

**TONGUE POPS:**

- Place the tip of the on "the spot"
- Suck the tongue against the top of the mouth until you have "CAVES" under the tongue and the frenum stretched by itself.
- Hold the "Caves" for a 2 Count
- Release the suction with a "POP
- Repeat 10 X

- If you have difficulty getting "Caves", TAP across the back and down the middle of the tongue before doing the exercise.

**K-SOUNDS & SWALLOW**

- Bite on the Bite Block between the back teeth
- Repeat the "K" sound 4 X-(feel the back of the tongue hit the top back part of the mouth-tip of tongue is down and pulled back)
- Squirt a stream of water onto the Uvula-Soft palate area
- Swallow with just the back of the tongue
- Repeat 6 X (sounds, squirt, swallow)

**K-SOUNDS 1X-1X**

- Do the same exercise, except squirt 1x to swallow, but no squirt the next swallow
- Alternate 6x

**TONGUE POPS & SWALLOW**

- Do 3 Tongue Pops in a row, holding "the Caves" for a 2 Count on each tongue pop
- Get "the Caves", hold "the Caves"
- Bite
- Lips pulled back in a grin
- Swallow (still holding "the Caves")
- Repeat 5 X

**CAW SOUNDS & 2 SWALLOWS**

- Make the "CAW" sound 3 X (feel the back of the tongue touch the back top part of the mouth)
- Swallow with only the back of the tongue (Mouth is open-tip of the tongue is down)
- Do a 1-2-3 Swallow (Stretch, Bite, Swallow, Lips pulled back)
- Repeat 5 X

**TONGUE POPS, OPEN & CLOSE, SWALLOW**

- 3 Tongue Pops-2 Ct. Cave hold
- Get "the Caves", Open & Close 3 X (holding the caves)
- Get "the Caves", Bite, Lips pulled back
- Swallow
- Repeat 5 X

**THREE BACK SWALLOWS**

Lie down on your back

1. Back of the Tongue Swallow-10X
   Mouth open-Squirt water against soft palate-swallow with only the back of the tongue, tip down
2. Side Squirt Swallows-10X
   Bite together, tongue across the top
   Squirt water on each side
   Swallow-lips back
3. Stick Squirt Swallow-10X
   Chopstick between the teeth
   Tongue behind stick & tip on spot
   Squirt in the floor of the mouth
   Swallow

**UNK, CAW, ARK SOUNDS & SWALLOW**

- With the back of the tongue, tip down
- Make 3 UNK sounds
- Make 3 CAW sounds
- Make 3 ARK sounds
- Do a stretch, bite, swallow, lips back
- Repeat 5 X

**UNK SOUNDS:**

- Mouth open 1"
- Tip of the tongue down and pulled back about ½-1"
- Say the word "UNK"
- Feel the Back of the tongue jump up & hit the back of the top of the mouth on the "K" part of the word
- Repeat 10 x

# TONGUE TONE/THE NORMAL SWALLOW/SALIVA GATHERING

| | |
|---|---|
| **WATER TRAP**<br>• Take a sip of water<br>• Trap the water on the center of the tongue, tip on spot, sides and back of tongue against top of mouth<br>• Stretch open, hold the trapped water in a stretch for a 5Ct.<br>• Bite, lips back, swallow<br>• Repeat 10X | **NORMAL SWALLOWS**<br>• Overlay the pictures comparing the rest tongue postures and the swallows<br>• Repeat the steps out loud<br>• Do a normal swallow<br>• Watch yourself in a mirror<br>• Do not move the lips or chin<br>• Hold 5 seconds between swallows<br>• Repeat 5x |
| **UNK, CAW, ARK SOUNDS & SWALLOW**<br>• With the back of the tongue, tip down<br>• Make 3 UNK sounds<br>• Make 3 CAW sounds<br>• Make 3 ARK sounds<br>• Do a stretch, bite, swallow, lips back<br>• Repeat 5 X | **GIDDY UPS**<br>• Bite teeth together, tongue across top of the mouth, lips back<br>• Make giddy-up sound with the sides of the tongue<br>• Squirt water into the sides of the mouth on both sides as you continuously make the giddy-up sounds, gather & swallow water<br>• Repeat 10x each side |
| **TONGUE BLADE PUSH**<br>• Place the tongue blade on your "V" shaped tongue<br>• Pull tongue behind the teeth<br>• Elevate the tongue 1 inch<br>• Push straight down with the hand in front of the nose<br>• Resist with the tongue by pushing straight up<br>• Hold 10Count<br>• Repeat 4 X | **PENCIL PULL**<br>• Bite crosswise on the pencil<br>• Continue biting throughout the exercise. Do not bite hard.<br>• Curl the tongue tip under the pencil, bring tip up to contact the pencil, pull against the pencil for a 10 Count<br>• Curl the tongue tip over the pencil, pull against the pencil for a 10 Count<br>• Repeat each direction 3 X |
| **TONGUE POINT & TONGUE TRACE**<br>• Point the tongue *forward* into a narrow "V" formation.<br>• Hold for a 3 Count<br>• Point to the *Left*-Hold 3 Count<br>• Point to the *Right*-Hold 3 Count<br>• Point to "*the spot*"-Hold 3 Count<br>• *Trace* the tip of the tongue back to the Uvula and back to "the spot"<br>• Repeat 5 X | **STICK SQUIRT SWALLOW:**<br>• Bite crosswise on a chopstick<br>• Place the tongue behind the chopstick with the tip on "the spot".<br>• Squirt into the floor of the mouth<br>• Slurp<br>• Swallow<br>• Repeat 10 X<br><br>• If you have any difficulty, lie down on your back and do the exercise |

# Developing the Soft Palate/Uvula Area

| | |
|---|---|
| ***SOFT PALATE-UVULA PULL*** <br>• Use a Mirror and a Light <br>• Mouth open, tongue down <br>• Yawn-As you pull in the air, see the Uvula & Soft Palate lift to the back of the throat <br>• Hold the pull for a 2 count <br>• Drop the uvula & soft palate back down <br>• Repeat 6 X <br><br>If difficult, gargle first, or lie down on your back, or try singing a high note, or "tap" on the uvula with the chopstick, or visualize it pulling up/back | ***STRAW & PAPER***: <br><br>*Step 1:* Place the straw between the lips <br>*Step 2:* Create a suction and pick up a 2" square piece of paper for a 10 Count <br><br>Repeat 5x |
| ***PARTY BLOWER***: <br>*Step 1.* Place party blower between the lips <br>*Step 2.* Blow it out completely and hold for a 10 count. <br>Repeat 3X | ***CORK PULL:*** <br>*Step 1.* Place ½ of the Cork between the lips, holding ½ of the cork with the fingers <br>*Step 2.* Form a suction around the Cork <br>*Step 3.* Pull the Cork from the lips <br>• Repeat 10X |
| ***PING PONG BALL***: <br>*Step 1.* Place a Ping Pong Ball on a long table or counter or floor <br>*Step 2.* Blow the ball as far as possible <br>• Repeat 5 X | ***STRAW SUCK:*** <br><br>1. Use different sizes of straws from a large size, to medium, to a very small (coffee stirrer) size. <br>2. Bite the teeth together, place straw in front of the teeth, head up <br>3. Suck in a sip of water, collect the water onto the middle of the tongue, swallow <br>4. Repeat this pull, gather, swallow 10X with each straw size |
| ***Hover Ball Blow-3-5X*** <br>Place tube in mouth-blow enough air to make the ball hover over the basket | ***CANDLE BLOW OUT*** <br><br>1. The best candles are the type that when you blow it out it comes back on <br>2. Blow out the candle several times <br>3. Move the candle farther and farther away to blow it out |
| ***BUBBLE BLOWING*** <br><br>1. Buy liquid for blowing bubbles and blow bubbles to your heart's content! <br>2. Chew up bubble gum and blow bubbles for 2-5 minutes | ***BALLOON BLOW UP*** <br><br>1. Blow up a large sized balloon slowly <br>2. or pain do not continue <br>3. If you feel any pressure in your ears or pain do not continue <br>Repeat 5x |
| | |

# FOOD AND LIQUID EXERCISES

**CRACKER/FOOD SWALLOW**

- Place one Cheez-it on your tongue
- Close the lips
- Move the Cheez-it to the molar teeth on one side
- Bite the Cheez-it in half & move ½ of the cracker to the other side of the mouth
- Chew equally on both sides, lips closed.....sit up straight
- When cracker is "soupy", gather it into a pile on the back of the tongue
- Stretch, bite, swallow with the lips back
- There should be no oozing of saliva or cracker between the teeth
- Repeat with 6 crackers

**SIP SWALLOWS**

- Tongue on the spot with 1 elastic
- Biting
- Lips on cup...pull in a sip
- Lips back
- Swallow
- Repeat 10X

**PLACEMAT:**

- Eating correctly can be a game
- Buy a placemat from Zimco Products
- Each correct bite or drink allows them to move one space
- When they get to the end, they earn points toward a bigger prize or you can play the game with coins that they keep
- Repeat until the meal is finished

**FOOD SWALLOWS**

Eat all of your DINNER the same as eating the cracker

* Small bites

*Use a bread tab between the lips if the lips are not being kept closed

*Stretch, bite, swallow, lips back

*Drink only 3 times during the meal

*Sit up straight

***Bring a Sandwich to your next visit***

**LIQUID SWALLOWS**

- Tongue on the spot
- Biting
- Lips on cup
- Head up straight
- Swallow continuously keeping the tongue on spot and biting
- Drink ALL liquids this way, day and night

**FOOD SWALLOWS**

- Eat 2 Meals Correctly
- Drink Only 3 times during the meal
- Sit Up Straight
- Use a tab between the lips if you continue chewing with the lips open
- Lay the fork down between bites if you are eating to fast
- Remember to take small bites and chew on both sides

**FOOD & LIQUID SWALLOWS**

- Eat ALL FOOD correctly
- Drink only 3 times during the meal
- Sit up straight
- Drink ALL LIQUIDS correctly
- Fill out your FOOD & LIQUID CHART
- Bring a T.V. Dinner, your silverware, and a napkin

**SMALL STRAW & LIQUIDS**

- Place the small straw between teeth
- *Tongue on the spot/head up*
- Pull and swallow a cup of water

**FOOD AND LIQUID CHART**

Monitor your techniques of eating and drinking and keep track on your chart

## POSTERS

1. Find 3 pictures each day of
   - Correct mouth closed posture, normal face, and correct habits
   - Incorrect habits, mouth open, poor posture
   - Assemble on poster board
2. Find 3 pictures each day of
   - 3 Pictures of beautiful smiles
   - 3 Pictures of lips closed correctly
   - 3 Pictures of good body posture

## PENNY & CHECK GAME

1. Reward 1 Penny each time observed with the lips closed.
2. Deduct 1 Penny each time observed with the lips open
3. Reward 2 Pennies if lips are closed and the tongue is correct...ask "WYT", Where's Your Tongue?
4. Say the code word "Zipper" each time the lips are observed open
5. Place Stickers on 4X5 cards around the house as reminders...move them frequently
6. Child plays the CHECK GAME. On a 4X5 card or sheet of paper, write down the day.
   *Place a check mark each time you know your lips are closed and tongue is correct in the top of the mouth.
   *At the end of the day, count the check marks and collect your pennies from your parents.

## SURVEYS

- Daily notebook recording of # of people seen doing the following:
  *Choose a category each day, check and record each class period
  *Sitting with mouth open
  *Sitting with mouth closed
  *Leaning on the face
  *Biting finger nails or pens/pencils
  *Poor posture
- Survey your family members, relatives, friends, teachers, co-workers and ask them what correct or incorrect habits they have. Compile the information to see if there are more bad or good habits

## COLORS/CODE WORDS

- Pick a color.... every time you see the color, check your lips and tongue position
- Pick a code word...every time you do an incorrect habit, have someone say the code word...for example: "Bunny" each time you pull your lips into an incorrect position or "Buster" each time you are biting your nails.

## POINT GAME & REWARD

- Make a list of desired rewards
- Assign value points to each item
- Decide what areas of therapy will earn you points
- Tally the awarded points daily
- Accumulate points toward a small prize or a big prize

1 PT. each time mouth is closed; 10 Pts. Each time exercises completed; 1 Pt. each bite of food correct; 10 pts for awaking mouth closed & on back; etc.

## EXAMPLE POINT GAME

Candy Bar-25 points
Movie-75 points
Quizno's-100 points
Sleep over-200 points
New outfit-1000 points
Ice skates-2500 points
$50.00-3000 points
Disneyland/Computer game-5000 points

*Barbara J. Greene*
*120 N. La Cumbre Road #10*
*Santa Barbara, CA 93110*
*805-452-4302/805-569-9194*

SH SOUNDS:
Biting
Sides of tongue are against the sides of the top of the mouth, but tip is not touching anything
The air comes over the middle of the tongue and out the front
The bite opens to complete the word

F sounds:
The upper front teeth touch the inside of the lower lip

V sounds:
The upper front teeth touch the inside of the lower lip and a vibration is produced to make the sound

Q sounds:
The entire back of the tongue lifts and touches the back of the top of the mouth to begin the sound

S sounds:
The tip of the tongue flattens across the anterior ridge between the "Spot" and where the teeth meet the gums and covers the entire area between the cuspid on the right and the cuspid on the left.....air flows through the space between the upper two front teeth-high pitched sound

R Sounds:
The sides of the back of the tongue lift and contact the sides of the back of the top of the mouth...the lips are pursed to make the sound of a motor boat that leads into the production of the R sound.

T-D-L-N Sounds:
Tip of the tongue to the Spot, give a little push, and bounce off to say the sound

G-K-C Sounds:
The middle of the back of the tongue elevates to hit the middle of the back of the top of the mouth-tip of the tongue is down in the floor of the mouth and pulled back away from the teeth about ½ inch.

CH-J Sounds:
The sides of the tongue contact the sides of the top of the mouth with the tip of the tongue contacting the front of the top of the mouth across the Spot....air builds up in the middle of the top of the mouth....the teeth are biting...then explode the sound