

Tongue Exercises

1. Tongue Drills:

Stretch tongue out and down to chin.
Stretch tip of tongue up toward nose.
stretch tongue tip out to right corner of mouth.
Stretch tongue tip out to left corner of mouth.
Move tip of tongue around lips.
Curl tongue tip back toward throat.
Brush tongue tip out along roof of mouth.
Bulge tongue tip behind upper teeth.
Groove tongue.
Extend tongue – flatten, narrow.

2. Practice Exercises:

Flap the point of the tongue as in babbling – lah, lah, lah, without using voice.
Open the mouth and say – tha-dah-nah-lah-rab – without moving the jaw.

3. Tongue Games:

Watch-Tick Game. Place tongue-tip firmly against the upper gum ridge, holding back the air. Release it quickly and hear the “t-t-t-t” of a ticking watch. Be sure the tip of the tongue makes the sound.

Coughing Game. Exercise for the back of the tongue. Raise the back of tongue, holding back the air, then release it quickly and hear a little coughing sound. The tip of your tongue must remain down. “k-k-k-k-k”.

Rocking Chair Game. Alternate tongue-tip and back of tongue activity. Make the tongue imitate the movement of a “rocking chair” as it rocks “t-k-t-k”. First slowly, then faster.

Jack-in-the-box. These exercises are built around a game. The child’s mouth is the box and his tongue is Jack. “Jack” does these actions quickly and accurately.

Jack jumps out of the box.
Jack jumps into the box.
Jack jumps out of the box.
He turns upward and tries to touch his nose.
Jack jumps into his box.
Jack jumps out of his box.
Jack touches his chin.
Jack jumps into his box
Jack dances from side to side in the doorway of his house.
Jack moves over the bottom of the doorway.
Jack dances up and down.
Jack sings la-la-la.
Jack sweeps the roof of his house.
Jack rolls up in a ball and flips out.
Jack pokes out one cheek.