



Introduction



Oral-Motor Fun and Games is a resource book developed from our experience with preschool and school age children who demonstrate weak oral-motor functioning. We have designed the materials to be fun, hands-on, easy to use, and motivational.

First, lively illustrations with detailed descriptions are provided for each exercise making the drills understandable and fun for even the youngest child. The busy clinician can choose which exercises to use according to each child's specific needs. The drills can then be adapted by varying the number of repetitions depending on individual ability levels. Appealing gameboards, color-cut-paste activities, masks and manipulatives are then presented to hold interest and stimulate effort and participation in therapy. Most of the games and activities have been designed to be used with any of the drills you may have targeted. These materials can then be sent home, along with the appropriate drill sheets and cover letter, in order to encourage the all-important follow up. Parents will appreciate homework that is enjoyable as well as beneficial. Finally, a chart is provided to help keep you organized and to document progress.

Use Oral-Motor Fun and Games with your caseload. You, too, will find that oral-motor therapy can be fun!

P.S. Before beginning any of the worksheet activities, it's nice to introduce the worksheet characters. See pages vii and viii for a fun introduction.

Dear Parent,

_____ is working on
the _____
exercise. You can help your child's progress by
reviewing this exercise. Other assignments
include:

All worksheets are attached. Please sign and
return this sheet to me.

Thank you!

Speech-Language Pathologist

Parent's Signature

P.S. Please call with
any questions!



Student's Name: _____

A. Tongue Stimulation

Date Assigned Completed

Tip Tickle Up		
Tip Tickle Side to Side		
Tip Tickle Front to Back		
Tip Tickle Back to Front		
Side Tickle		
One, Two, Three-Tap on Me		
Game - Get Cassie to the Corn		
Game - Tickle-Tic-Tac-Toe		
Color a Banana		

B. Tongue Strengthening

Half 'N Half		
Tongue 'N Cheek Push		
Tongue Tip Lift		
Full Tongue Lift		
Side Lean		
Tongue Tip Lean Against the Wall		
Tongue Push Down		
Tongue Tip Push Back		
Danny Dog Mask		
Manny Monkey Mask		
Game - Help Katie Find Tina		
Game - Concentration		
Let's Feed Katie		
Color a Bone		
Spinner Game		

C. Tongue Movement

Licks

Lick the Spoon		
More Licks		
Sticker Lick		
Tongue Delivery		

Clicks

Whole Tongue Cluck		
Tsk-Tsk-Tsk		
Whole Tongue Suck		

Stretches

Tongue Stretch		
Touch Your Chin		
Lollipop Lick		
Juice Squirts		

C. Tongue Movement (cont.)

Date Assigned Completed

Hide and Seek		
Tip Raises		
Peanut Butter Lick Off		
Ice Cream Dip		
Tongue Push		
Baby Talk		
Candy Crush		
Tongue Top and Bottom		

Sweeps

Lick Back		
Tongue 'N Cheek		
Corner Reach		
Skipping Rocks		
Mouth Circles		

Back Raises

K-K-K-K Katie		
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Games

"Can Do" Country Jamboree		
Let's Make Manny		
Fill Cassie's Basket with Corn		
Help the Zookeeper Find Manny		
Tony's Tongue Twist		

D. Lip Strengthening & Movement

Smile		
Sour Puss		
Kiss & Smile		
Kiss & Frown		
Hold It		
Smack Time		
Stretch Your Lip		
Hold It & Blow		
Cotton Ball Blow		
Puffy Cheeks		
Sips		
Cassie's Cans		
Glue Spots on Gerry		
Give Danny a Bone		
Game - "Can Do" Bingo		

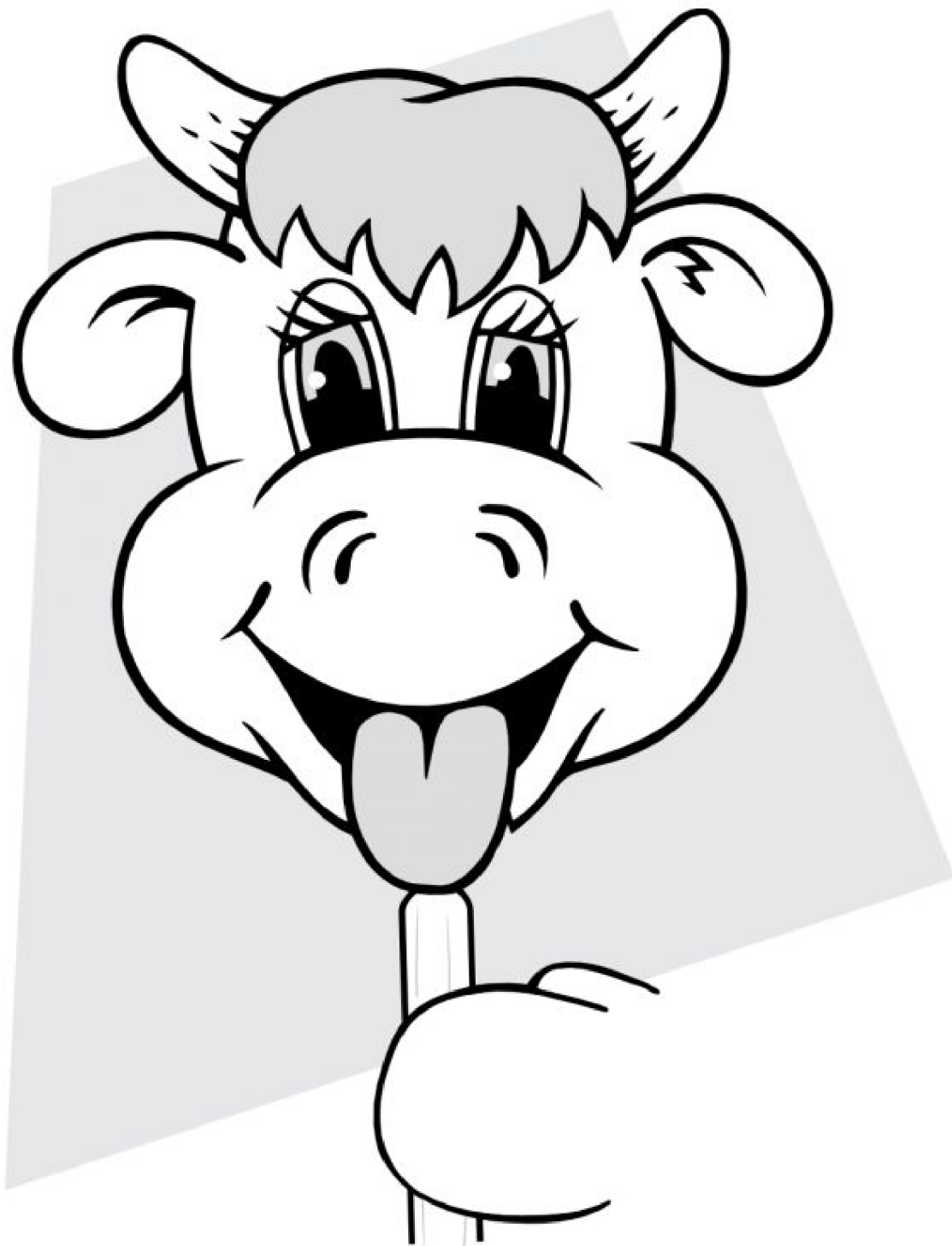
E. Oral-Motor Card Game

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Tongue Stimulation



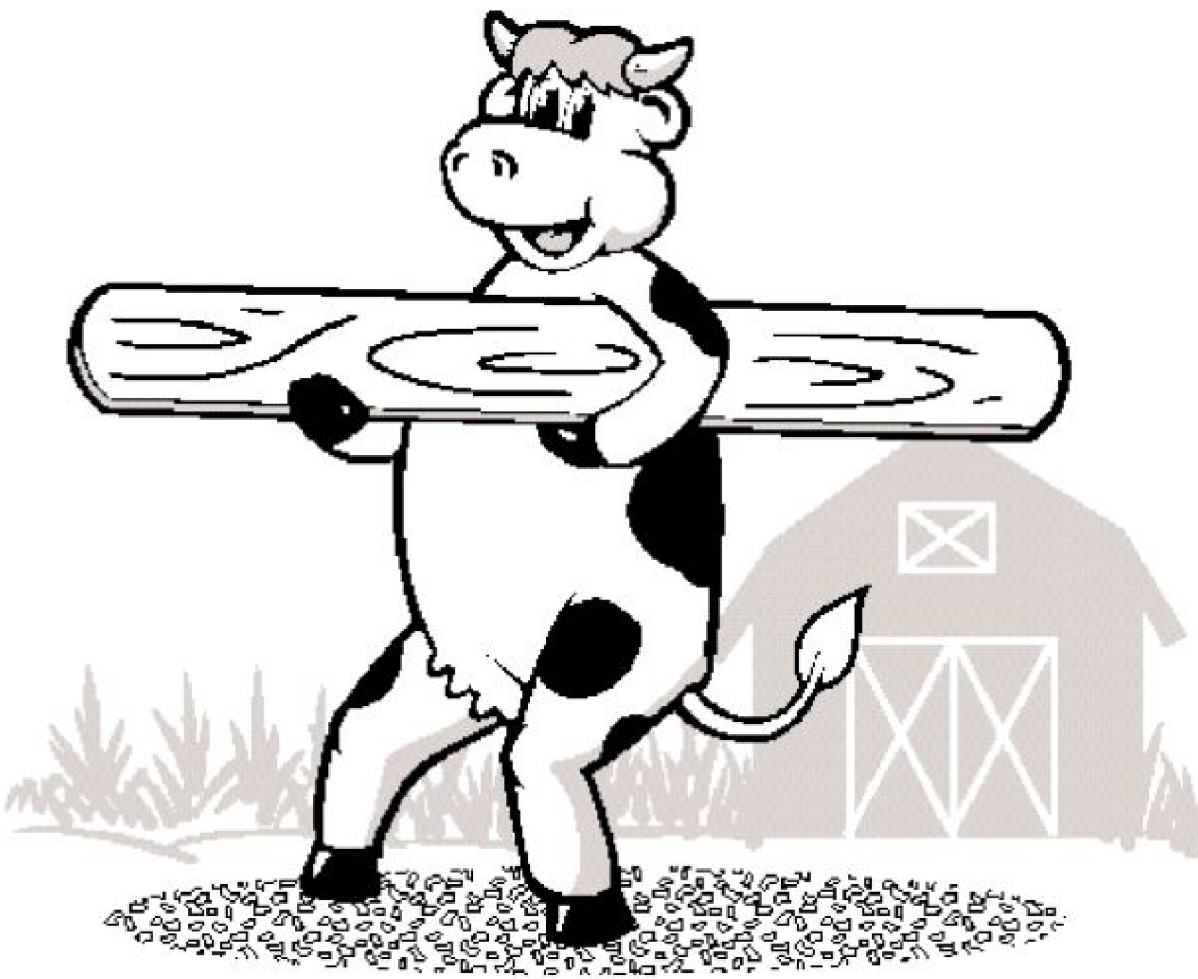
Put your tongue depressor under your tongue tip. Stroke upward. Repeat ____ times.



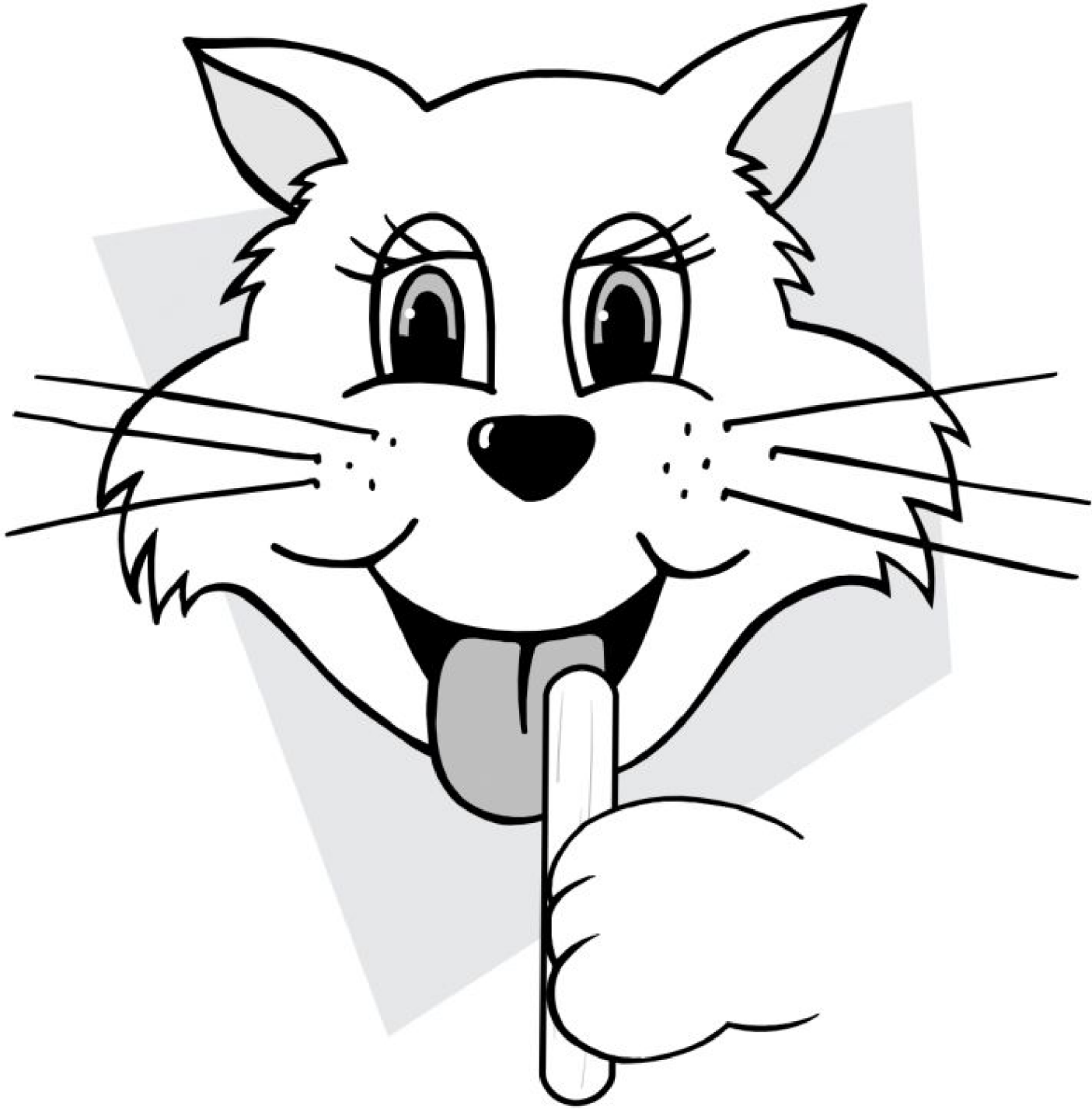
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Name _____ Date _____ Helper's Signature _____

Tongue Strengthening



Press on the top left half of your tongue with the tongue depressor. At the same time, push your whole tongue up. Can you feel the right half lift up slightly? Hold for 4-5 seconds. Repeat on the other side.



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Name _____ Date _____ Helper's Signature _____