

## “R” Oral Capability-Building Tasks

### Tongue Localization and Back-Tongue Vertical Differentiation of Movement

1. Palpate Back-Tongue – With a Toothette, repeatedly touch (with a press-release motion) the back-tongue. Close your eyes and think about and “feel” the back of your tongue.
2. Palpate and Push (Back-Tongue) – With a tongue depressor (or other textured oral tool), press down (with a press-release motion) on the back-tongue, then push up with your back-tongue against the tool. Close your eyes and think about and “feel” the back of your tongue.
3. Back-Tongue Squeeze-Ups – Place a Toothette on your tongue in back, and bite on the handle. Keep the jaw and the handle still. Lift the back-tongue up and squeeze the sponge. Slowly move the back-tongue up and down. Train your tongue to just move UP – not forward. Repeat.
4. Back-Tongue Squeeze-Up-HOLD – Do the same as the Back-Tongue Squeeze Ups, but hold the tongue up against the Toothette for a count of 3 (count “one-two-three” in your mind). Repeat
5. Back-Tongue Squeeze-Ups + Back-Lifts – Alternate the Squeeze-Ups (use the Toothette) and the Back-Lifts (no Toothette; take it out of your mouth). Do three (3) Back-Tongue Squeeze-Ups, take out the Toothette, then do one (1) Back Lift.
6. Back-Lifts – Open your mouth comfortably, and keep your tongue in the middle (not forward). Now lift the back-tongue WAY UP, then lower it WAY DOWN. Keep your jaw still and slightly open. (Try closing the mouth and doing the same up-down action; it refines the back-tongue movement.)

Optional: Palpate the Back-Tongue “Corners” – With a “V” shape Dental Floss Holder, touch (touch-release) the back “corners” of the tongue. Do this to help find where the tongue stabilizes in back.

For Retroflex: Mid-Tongue Contraction (for Retroflex “R”) – With a small tongue depressor, press-release the center of your tongue. Tighten the middle of your tongue to help lift the front-tongue.

### Tongue Retraction Tasks

1. Back-Throat Push – Place your finger against your throat where you swallow and firmly push up. Pull and lower the back-tongue down into your throat and push against your finger. The whole tongue should move back and down.
2. Tongue Out-In – Stick your tongue outside your mouth. It does not have to be tight. Using your back-tongue muscles, pull your tongue back into your mouth (try not to let your front-tongue curl back). Retract the tongue all the way back until your back-tongue touches the soft palate. Keep it straight.
3. Tongue-Tighten + Out-In – Do the Tongue Out-In tasks, but tighten your tongue and keep it tight as you SLOWLY move it to the back of your mouth. Keep it straight and parallel with the floor.

### Tongue Toning/Endurance

1. Tongue-On-Top Push – Place your tongue on the roof of your mouth (in the tongue resting position). Now, push up. Make your tongue contract, hold for a second or two, and relax; keep your tongue up on top in position (just release the tension). Do several more.
2. Open-Close Exercise – With your mouth just open slightly, place your tongue on the roof of your mouth (in the tongue resting position) and keep it there. Now open your jaw, but keep your tongue flat on top. You will have to push up hard to keep your tongue on top (try not to let it release and fall down).
3. Tongue Tighten-Loosen – Open your mouth. Keep your tongue in the middle of your mouth, tighten your tongue (make it skinny), then relax your tongue (it will get wide again). Notice how your tongue feels when it is tight, then, when it is loose. Do this several times.