

## “S” Oral Capability-Building Tasks

### Tongue Toning/Endurance

1. Tongue-Pops – With your whole tongue in your mouth, pop your tongue on top. Make sure that the front-tongue is popping, too, and that the tongue is flat, not curled. Press up firmly on the roof of the mouth and release. Do several more.

---

2. 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.

---

3. 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 in release and fall down).

### 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.

### Front-Tongue Differentiation → Side Tongue Localization → Movement Refinement

1. Tongue Tapping – To make your tongue do a “tongue bowl”, tap the middle of the top of your tongue with a small tongue depressor. Tap repeatedly in a firm press-release motion. Keep the tongue inside behind the bottom teeth. Make the mid-tongue low and the sides go up.

---

2. Hold Water in Your Tongue Bowl – Using a spray bottle filled with water, spray water on the top of your tongue. Make your tongue into a tongue bowl so your tongue can hold the water. Hold for 3 - 5 seconds.

---

3. Front-Tongue Curl – Open your mouth and let your tongue stay in the middle. Place a small straw (coffee stirrer) crosswise on top of your tongue so you look like you have whiskers. Bite on the straw, and curl your tongue-tip up and around the straw.

---

4. Front-Tongue Squeeze-Up – Place the Toothette on the top in front, behind your top teeth, and bite on the stick. Keep the jaw and the stick still. Lift the front-tongue up and squeeze the sponge. Slowly move the front-tongue up and down. Train your tongue to just move UP – not forward.

---

5. Side Stroke-Match – With a small tongue depressor (or Probe, or Nuk), stroke the sides of your tongue and the insides of your top side teeth and gums. Lift the tongue straight up, and match the two together. Place the sides of your tongue on the top side teeth and gums.

---

6. Bite-Slide – Gently bite on the sides of your tongue; then as you slowly bite your teeth together, slide the sides of your tongue UP, against the top side teeth. The tongue ends up against the roof of your mouth.

---

7. Small Tongue-Tip Lifts Without Sound – If necessary, bite on a small tongue depressor, or small straw to stabilize the jaw. Anchor the sides of your tongue on the top side teeth. Now, with very small tiny movements, make your front-tongue gently go up and down. Do repeatedly.

---

8. Small Tongue-Tip Lifts With Sound – Anchor the sides of your tongue on the top side teeth. Now, with very small, tiny movements, make your front-tongue gently go up and down, but this time, make a small sound--a very tiny “t”. Do repeatedly. Move only the front-tongue—no jaw, or flat tongue movements.

\*\*\*Add anterior dental approximation and forward-and-up jaw rotation to produce the /s/ sound.