

SESSION TWO

(INTENSIVE PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TONGUE POINT AND TRACE 10 SECONDS POINT THEN 5 SECONDS TRACE BACK TO SOFT PALATE END ON SPOT. 5X 3X/DAY							
TONGUE POPS (BIG SMILE)TONGUE ON SPOT SNAP BACK BIG GRIN. 20X 3X/DAY							
1 ELASTIC SWALLOW USING MIRROR PLACE THE BAND WHERE SHOWN 1) BITE 2) LIPS OPEN 3) SWALLOW USE MIRROR. 10X 3X/DAY							
BUTTON PULL SIDE, FRONT, SIDE. 5/20/5 X3X/DAY							
ALVEOLAR TAP TA, TA, TA / DA, DA, DA, NA, NA, NA, LA, LA, LA. 10X 3X/DAY							
MARSHMELLOW TWIST ADD WEIGHT 3X 3X/DAY							
LIP MASSAGE RUB ONE LIP OVER THE OTHER AND ALTERNATE. 30 X 3X/DAY							
COTTON ROLL WET COTTON ROLL, PLACE INSIDE LOWER/UPPER LIP RUBBER BAND TO THE "SPOT" 10 MINUTES BUILDING UP TO 60 MINUTES AT THE END OF THE WEEK							