

SESSION TEN

(GENERALIZATION PHASE)



| TECHNIQUES | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|-------|-------|-------|-------|-------|-------|-------|
| <p>LIP TRACE TRACE YOUR TONGUE ALONG THE INNER SURFACE OF YOUR LIPS, (CLOCKWISE AND COUNTERCLOCKWISE). 15 X 3X/DAY EACH WAY</p> | | | | | | | |
| <p>LIP CURL FINGER UNDER NOSE AND ROLL DOWN 30X 3X/DAY</p> | | | | | | | |
| <p>UPPER LIP STRETCH GENTLY STRETCH YOUR UPPER LIP DOWNWARD AND HOLD THE STRETCH WHILE COUNTING TO 20. 5X 3X/DAY</p> | | | | | | | |
| <p>PRUNES OR "SHHH" PURSE YOUR LIPS FOR A FEW SECONDS. SAY "SHHH", KEEP TONGUE AGAINST THE ROOF OF YOUR MOUTH. 30X 3X/DAY</p> | | | | | | | |
| <p>EE OOH AAH ALTERNATE BETWEEN MOUTHING EXAGGERATING "EE," "OOH," AND "AAH,". 15X 3X/DAY</p> | | | | | | | |
| <p>GIDDY-UP SLURP & SWALLOW BITE LIGHTLY BACK TEETH, KEEP LIPS OPEN. SNAP THE TIP OF TONGUE MULTIPLE TIMES AGAINST THE "SPOT". TONGUE POPS, SLURP AND SWALLOW. 10X 3X/DAY</p> | | | | | | | |
| <p>REMINDER SPOT (LIPS CLOSED) 30 MINUTES 1X/DAY</p> | | | | | | | |