

SESSION FOURTEEN

(HABITUATION PHASE)



| TECHNIQUES | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| MOVE THAT TUBE PLACE A TUBE IN THE UPPER VESTIBULE BEHIND FRONT TEETH AND CLOSE LIPS. MOVE THE TUBE TO THE LOWER VESTIBULE, KEEPING YOUR LIPS CLOSED, MOVE BACK AND FORTH. 2 MINUTES 2X/DAY | | | | | | | |
| JAW BREAKER PUSH TONGUE INTO CHEEK 25X 2X/DAY | | | | | | | |
| CORK POP PLACE A CORK IN YOUR MOUTH AND CREATE SUCTION BY HOLDING ONE END, PULLING IT DEEPER PAST YOUR TEETH TO INCREASE INTERNAL PRESSURE. 25X 2X/DAY | | | | | | | |
| SLING SHOT USE RESISTANT BAND OR TOWEL. PRESS INTO BAND FOR THE COUNT OF 10, 10 TIMES 2 TIMES A DAY | | | | | | | |
| FAT SKINNY TACO TONGUE CURL THE SIDES OF YOUR TONGUE TO FORM A "TACO" SHAPE. IF NEEDED, USE A POPSICLE STICK TO HELP SHAPE YOUR TONGUE. REPEAT IN FRONT OF A MIRROR. 25X 2X/DAY | | | | | | | |
| REMINDER SPOT 30 MINUTES LIPS CLOSED 1X/DAY | | | | | | | |
| CAVES HOLD AND PULL (JAW OPEN AND CLOSED) 2 MINUTES 2X/DAY | | | | | | | |