



## Tongue exercises

Instructions: All exercises to be repeated 4 times.

1. Point the tongue, holding it still. Then relax the tongue.
2. Point the tongue. Circle very slowly once to right. Repeat to left.
3. Point the tongue. Circle 3 times quickly to right. Then left.
4. Stretch the tongue towards the nose, then the chin.
5. With tip of tongue behind bottom teeth, push back of tongue forwards and backwards.
6. Flick pointed tongue sideways, touching corners of lips. Gradually quicken.
7. Tap tip of the tongue against alveolar (teeth) ridge. Repeat and quicken.
8. Finish off with rhythm exercises for [t], [d], [l], [k] and [g] sounds.

Repeat from left to right, keep the jaw relaxed and still:

t	t	t	T
tt	tt	tt	T
ttt	ttt	ttt	T
tttt	tttt	tttt	t

