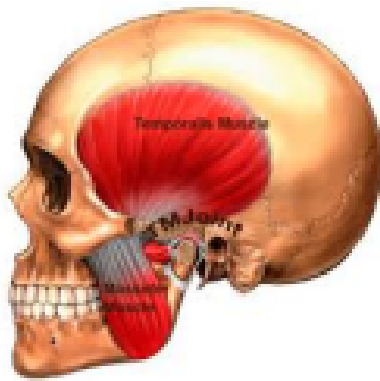


# Get that mouth working for you!

Everyone's mouth is different. As I explained in the video, the general idea is to build awareness and accuracy when trying to move specific parts of your mouth and tongue, and to be able to isolate these movements.

You can spend as long or as little on these as you want. After a shower is nice, before bed is great, it's entirely up to you. If your muscles are sore (they might be!) skip a day! It's all good.



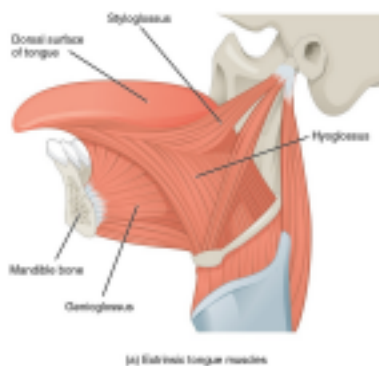
## Jaw:

- Relax your jaw by letting it hang there, keeping in mind that your lips should part. When you relax your jaw, think of creating space between your top and bottom back teeth. (dead fish face!)

- Massage the jaw from the outside.
- Massage the jaw from the inside, by placing your thumb into the opposite jaw hinge, and then squeezing along the muscle with your fingers. Start at the top and hold, move to the middle and hold, then bottom and hold. After you do that,

squeeze around and explore. If you find any little bumps and ridges, squeeze on them and move them around a bit. Remember: breathe, jaw relaxed, tongue behind bottom teeth.

- Take your hand out very slowly after you massage each side, letting your dead fish face shine! Does one side look different? How does it feel?
- Open your mouth very wide and stretch the jaw muscle out.



## Tongue:

- Open your mouth in steps. 1. Dead fish face, jaw relaxed. 2. Smile without closing the jaw and moving the tongue around. Then open wide and see how still and relaxed you can get your tongue.

- Stretch the back of the tongue by putting your tongue tip behind your bottom teeth, and then pushing the middle of your tongue out and down. (Keep the tongue tip where it is, glued behind the teeth!) You're looking for a nice space between your top teeth and your tongue. Remember to 'smile', which helps protect your jaw and stops your chin from pushing forward with your tongue.

- Massage the tongue by reaching in, and grabbing it on either side. Then relax it, as you squeeze and pull your tongue out and down, letting your fingers slide along the length of

it as if you were squeezing a tube of toothpaste. Be sure it's your fingers doing the work, and not your tongue pulling itself through your fingers.

- Draw circles with the tongue.
- With the tongue inside your mouth, lift it up to the middle of your mouth without sticking it out. Then point and flatten it without sticking it out.
- See if you can relax your tongue and bite on the sides. If you can, great!
- Return to see how relaxed your tongue looks. Remember that if your tongue is relaxed, it's going to be resting either behind or on top of your bottom teeth.

## **Lips**

- Squeeze your lips together, keep them together and then open your jaw without opening your lips. Work those muscles.
- Make a kiss face with teeth closed. Open your lips into a square shape. Open your mouth and keep your lips in that square shape. Then relax. Repeat.
- Open and close both your lips. Then isolate the top and then the bottom lip.

## **Mirroring the mouth**

- Focus in on the mouth and see if you can make yours move in the same way!