

EXERCISES FOR THE TONGUE

Ensure that you keep your head straight during the entire exercise.

Make the sound of the letter 'A'. The tongue is then in the resting position at the bottom of the mouth.

Sit in a comfortable resting position. Feel where your tongue lies. What does it feel like in your mouth? How much room does it take up? Feel the tip of your tongue. Where is it? How does your tongue rest inside your mouth?

**PERFORM THE ENTIRE
PROGRAMME THREE
TIMES EACH DAY**



Open your mouth slightly. What does your tongue feel like? How does it rest? Let your tongue rest freely against the lower part of your mouth.



Stick your tongue out and down as far as possible. Feel the tension. Relax your tongue. Feel the difference. Repeat 5 times.



Stick your tongue out and try to reach your nose with the tip of your tongue. Feel the tension. Relax your tongue. Feel the difference. Repeat 5 times.



Try to reach your right ear with the tip of your tongue. Feel that there is a muscle running from your tongue to a bone in your throat. Try to feel how this muscle tenses up when your tongue is stretched laterally. Relax your tongue. Swallow. Repeat 5 times.



Try to reach your left ear with the tip of your tongue. Feel that there is a muscle running from your tongue to a bone in your throat. Try to feel how this muscle tenses up when your tongue is stretched laterally. Relax your tongue. Swallow. Repeat 5 times.



Scan the QR code for an instruction video.