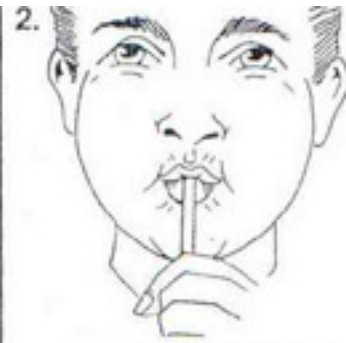


1. Purse lips, pucker and say OOO.....

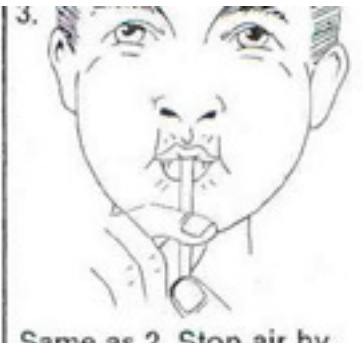


.....Smile and say EEE

10 Times



2. Blow air through straw while puffing up cheeks as much as possible. 10 Times



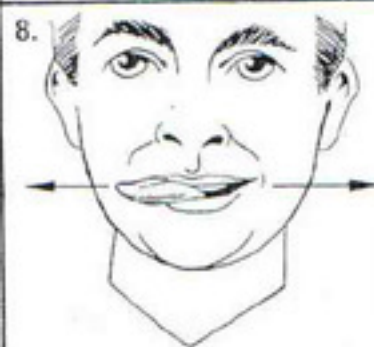
3. Same as 2. Stop air by placing finger on the opening in straw, for a moment. 10 Times



4. With cheeks puffed, try to push air out with your finger. 10 Times



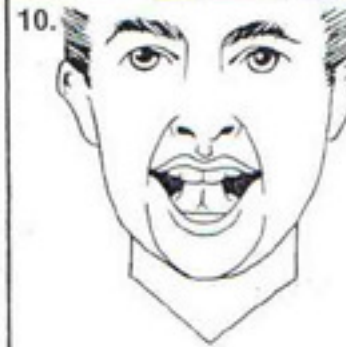
5. Pucker lips and try to pull apart (right) Repeat on left side. 10 Times



6. Move your tongue from corner to corner. 10 Times



7. Move your tongue up and down. 10 Times

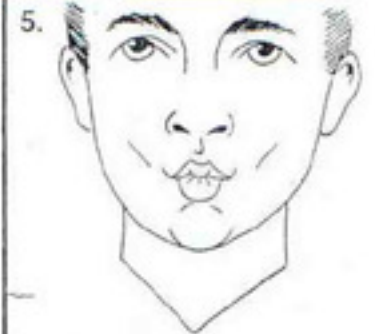
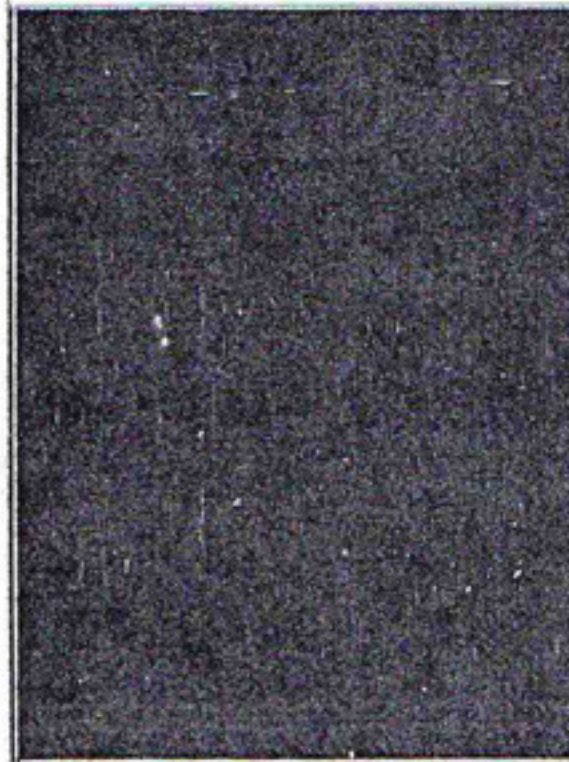


8. Place tongue tip on roof of mouth. 10 Times

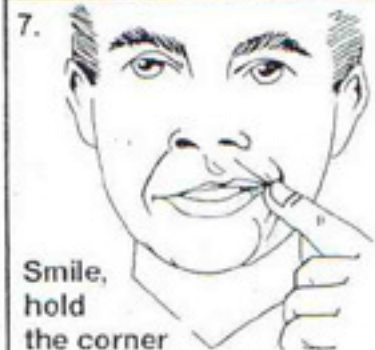


9. Put tongue in cheek, push out with finger. 10 Times

Twice a day.
Morning and evening.



10. Pucker your lips and make a kissing sound. 10 Times



11. Smile, hold the corner of mouth (right) and try to pucker your lip. Repeat on left. 10 Times