

Oral Motor Exercises Chart

Name: _____

Date _____

1. Open and close your mouth ____10__ times.
2. Pucker your lips as if your were going to give someone a kiss __10__ times.
3. Smile, then relax your lips and cheeks _____10__ times.
4. Press your lips tightly together, then open them with a smack __10__ times.
5. Puff your cheeks with air while keeping your lips closed tightly _____10__ times.

The page must be initial by parent every week.

Week _____

Target	M	T	W	TH	F	S	Su
Open and close mouth							
Pucker lips							
Smile relax							
Puff up your cheeks							
Lip Smacking							

Parent signature at end of week: _____

Must return with 4 or more days completed.