



Queen Alexandra College

## **ORAL MOTOR EXERCISES**

The below links provide activities and exercises on flashcards that you can view online or download and print to use at home:

- [Blowing Activities](#)
- [Drinking Through a Straw](#)
- [Tongue in Cheek](#)
- [Tongue on Chin](#)
- [Tongue Out](#)
- [Tongue Wriggle](#)
- [Vocal Warm Ups](#)
- [Z-Vibe – Cheek Push](#)
- [Z-Vibe – Chin Push](#)
- [Z-Vibe – Inner Cheek Push](#)
- [Z-Vibe – Lip Push](#)
- [Z-Vibe – Nose Push](#)
- [Z-Vibe – Roof of Mouth Push](#)
- [Z-Vibe – Tongue Push](#)

