

# Well Said English

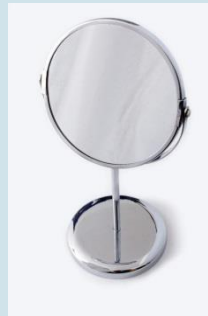
## Mouth Movement Exercises



### Exercise #1. Open the Mouth

Use

Mirror, Sock



1. Massage your jaw.

Rub at the hinge, where the top and bottom meet.

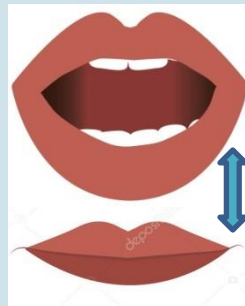


10 times

2. Open and close the mouth vertically.

Tips

- Look in the mirror.
- Use your sock!

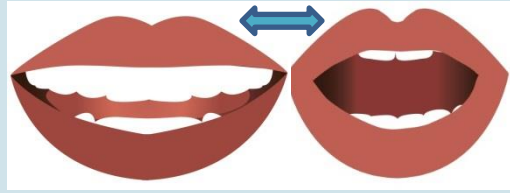


# Exercise #1. Open the Mouth Vertically

10  
times

## 3. Alternate

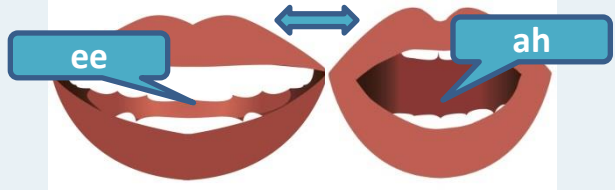
Go back and forth  
between horizontal and  
vertical mouth.



10  
times

## 4. Add sound

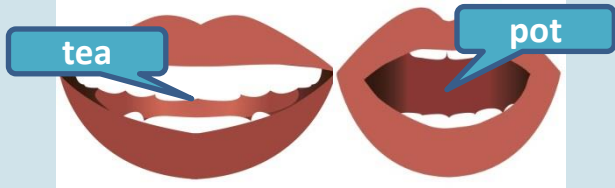
*ee* - horizontal  
*ah* - vertical



10  
times

## 5. Add words

*tea* - horizontal.  
*pot* - vertical.



## 6. Relax!

Massage your jaw again.

