

Well Said English

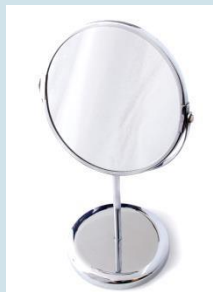
Mouth Movement Exercises



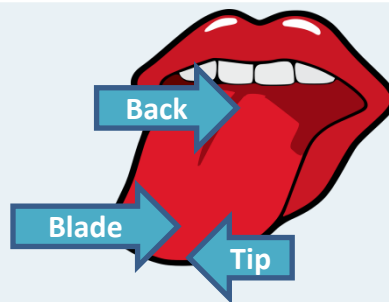
Exercise #3. Move Your Tongue

Use

Mirror



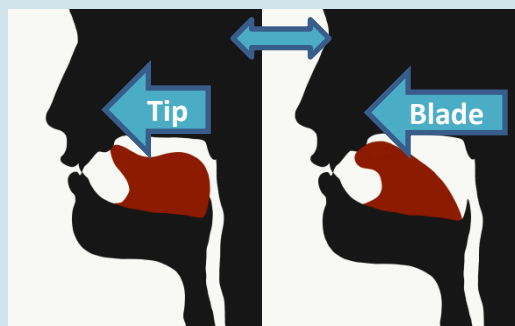
1. Feel the Tongue Parts



10 times

2. Touch your tongue to the ridge behind your top teeth.

Alternate between the tip and the blade.

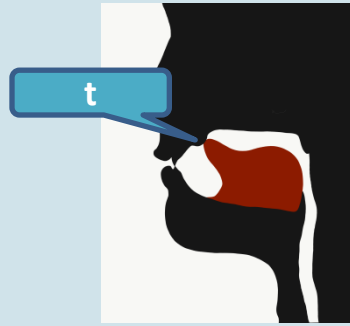


Exercise #3. Move Your Tongue

10
times

3. Add Sound.

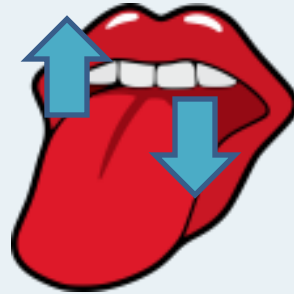
Use the tip to make the
t sound.



10
times

4. Raise and Lower the Back of the Tongue.

Make the tongue tense.



10
times

5. Raise with Sound

ee as in *tea*



6. Relax!

Move your tongue all around.

