Oral Motor Activities for Kids

http://www.andnextcomesL.com

SNACK TIME

- Eat hard foods (carrots, apple, etc.)
- Eat chewy foods (celery, beef jerky, dried fruit, etc.)
- Eat crunchy foods (nuts, crackers, dry cereal, etc.)
- Drink a frozen drink like a slush or slurpee
- Drink through a narrow and/or twisty straw
- Drink a thick liquid through a straw (milkshake, applesauce, etc.)
- Make an edible necklace with cereal or candy
- Chew gum
- Eat foods with strong flavors
- Suck on hard candies
- Eat cold foods like popsicles or ice cream

PLAY TIME

- Blow cheeks
- Blow bubbles
- Stick out your tongue
- Blow bubbles in water using a straw
- Play straw games (e.g., use a straw to blow a pom pom across the table)
- Blow a whistle, harmonica, or other instruments
- Blow out candles
- Vibrating toothbrush
- Lick stamps
- Roll tongue into a circle
- Chew toys
- Whistle or hum a song
- Blow up balloons

© And Next Comes L - http://www.andnextcomesL.com