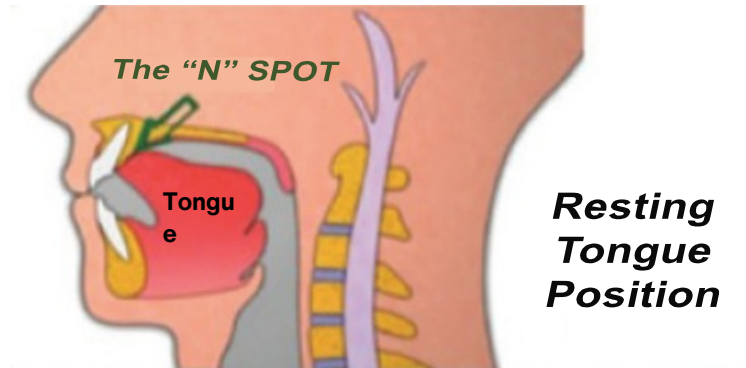


TONGUE POPS



Duration: 10 times for 10 seconds each time
Frequency: 3 times a day

- 1. Placement:** Put the tip of your tongue on the N-spot behind your top front teeth (the bumpy ridges).
- 2. Suck Up:** Suck your tongue against the roof of your mouth. Again your tongue should be behind your teeth and not touching them.
- 3. Pop:** Pull your tongue down hard so that your tongue makes a loud popping sound. Remember the “pop” sound is different than the ‘clicking’ sound made by flicking the tongue on the bottom of the mouth.

TIPS FOR THIS EXERCISE

- 1.** Look at your tongue in a mirror during the entire exercise..
- 2.** If you have a hard time making the sound loud start out softly with a simple suck and pop. With each pop, suck the tongue to the roof a little longer and try to make it louder than the previous one. The louder it is, the better you’re working your tongue muscles. Try to make it a little louder each day.

Remember it takes about 3 months to make or break a habit!