



THUMB LESSON ONE

STICKY SPOT

- ☺ Remove star from paper
- ☺ Dry off the ridge behind the upper front teeth with a tissue
- ☺ Push the sticky spot into position ($\frac{1}{2}$ inch behind base of front teeth)

WAGGLES SPOT

- ☺ Waggle the tongue side-to-side rapidly. jaw centered, tongue neither touching teeth, nor lips.
- ☺ Waggle for 3 seconds
- ☺ Quickly and accurately, find THE SPOT with the tip of the tongue
- ☺ Repeat 10 times

TONGUE PUSH UPS

- ☺ Put your tongue on the SPOT
- ☺ Place your finger on top of your head
- ☺ Try to push as hard as you can with your tongue towards your finger for a count of 5
- ☺ Repeat 5 times

LIP POPS

- ☺ Roll lips over teeth
- ☺ Suction lips together and pop
- ☺ Do 20 LOUD ones

Do 20 " TONGUE POPS" if you feel need to suck your thumb!