

Munchee EXERCISE Plan



Granny Face

Pull your lips in around your teeth and open your mouth wide, at the same time raise your eyebrows high! Hold for at least 20-30 seconds.



Teeth Cleaners

Keep your lips closed and circle your tongue around all of your teeth - top, sides and bottom. 10 circles each way without tongue poking out.



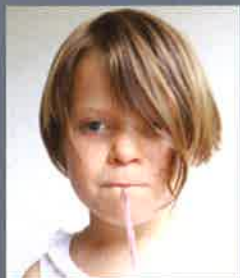
Lip Pop

Pull your lips together strong and narrow then 'pop' them open by quickly opening your jaw. Do 10-15 big LOUD ones!



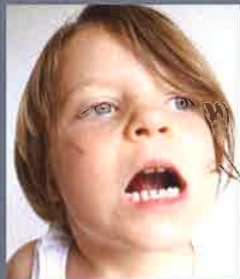
Tongue Circle

Can you curl your tongue? Curl it and push it as far out as it will go. Hold it out and see if you can blow through the circle tongue 10 times.



Button Pull

With a button threaded on a string, hold behind your lips but in front of your teeth. Pull gently for 10 sec. and hold the button with your lips.



Suction Hold

Keeping your mouth open as wide as possible. Suction your tongue up to the roof of your mouth. Keep the suction for as long as possible until it breaks. Minimum 20 sec suction hold. Building up to 30 sec.



Tongue Work

Tongue out straight, see if you can lift it up and down, then side to side. Try to get your tongue above your teeth. 10 each direction.



Air Trappers

Keep the lips sealed, hold strong and see if you can inflate your upper lip. Hold the air for 20-30 sec. and breathe through your nose.