

## Oral Motor Ideas

The oral motor exercises listed below can offer additional opportunities for strength and coordination of oral motor skills, as well as heavy work proprioception through the mouth, making a calming heavy work activity that can be used in sensory diets to help children achieve a calm and ready state of regulation.

Remember that not all these exercises are needed for every child's specific needs. Pick and choose the exercises that meet the needs of the child.

### **Blowing**

- Bubbles - Use a mixture of washing up liquid and water in a basin and blow into the water with a straw creating lots of bubbles.
- Blowing bubbles large or small
- Blow windmills or dandelions



- Using a straw blow cotton wool or rolled up paper across a table or the floor. Make goals to blow the object through or mark out a maze with tape.

Use different sized straws; wider straws need less work than thinner straws, so start with the wider ones and slowly increase the challenge.



- Painting - Using a straw blow paint around the paper to make a picture.
- Blowing up a balloon.



- Playing a recorder or tin whistle

## Sucking

- Transfer paper or polystyrene pieces from one bowl to another using a straw to suck on.
- Sucking yogurt or thicker drinks through a straw. Use larger straws initially then move on to thinner ones.



## Chewing

- Chewelry is great to keep children regulated at school or home.



- Chewing gum or chewy sweet.
- Chewing a straw

### Other activities

- Vibrating toothbrushes are great any time of the day.
- Playing an instrument
- Blowing kisses or pretending to be a fish puffing out your cheeks.



### Further resources:

For more resources to help with developing skills or for further helpful tips and tricks, please visit our website or lookout for our Facebook posts.

[www.nhsborders.scot.nhs.uk/cypot](http://www.nhsborders.scot.nhs.uk/cypot)

[www.facebook.com/CYPOTNHSBorders](https://www.facebook.com/CYPOTNHSBorders)



For further information and resources about sensory integration see our website [nhsborders.scot.nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/children-young-peoples-occupational-therapy/meeting-your-childs-sensory-needs/](http://nhsborders.scot.nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/children-young-peoples-occupational-therapy/meeting-your-childs-sensory-needs/) -