

SESSION TWELVE

(GENERALIZATION PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>TICK TOCKS SMILE, TONGUE POP, CHANGE LIPS TO "O" SHAPE, POP AGAIN. 25X 3X/DAY</p>							
<p>FISH FACE POP MAKE A "FISH FACE" AND HOLD FOR A COUNT OF 10, THEN RELEASE. 10X 3 X/DAY</p>							
<p>RUBBER BAND ON THE SPOT 30 MINUTES 1X/DAY</p>							
<p>ARK UNK K AND G SOUNDS (VELAR SOUNDS). 15 X 3X/DAY</p>							
<p>TACO TONGUE BLOW FORM A TACO SHAPE WITH TONGUE, STICK IT OUT, CLOSE LIPS AROUND IT. BLOW SLOWLY IN AND OUT. 10X 3X/DAY</p>							
<p>SURPRISED GRANNY RAISE EYEBROWS, WIDEN EYES, OPEN MOUTH WIDE, WITH LIPS COVERING TEETH. HOLD, COUNT TO 10, THEN RELAX. 10X 3X/DAY</p>							
<p>SNAKE POINT TONGUE FORWARD OUT OF YOUR MOUTH, THEN BRING IT BACK INTO YOUR MOUTH. KEEP IT POINTED. 25X 3X/DAY</p>							
<p>DRAG & SWALLOW PRESS TONGUE TO THE ROOF OF MOUTH TO FORM. DRAG YOUR TONGUE BACK, BITE, AND SWALLOW WITH LIPS OPEN.(CAVES) 10X 3X/DAY</p>							