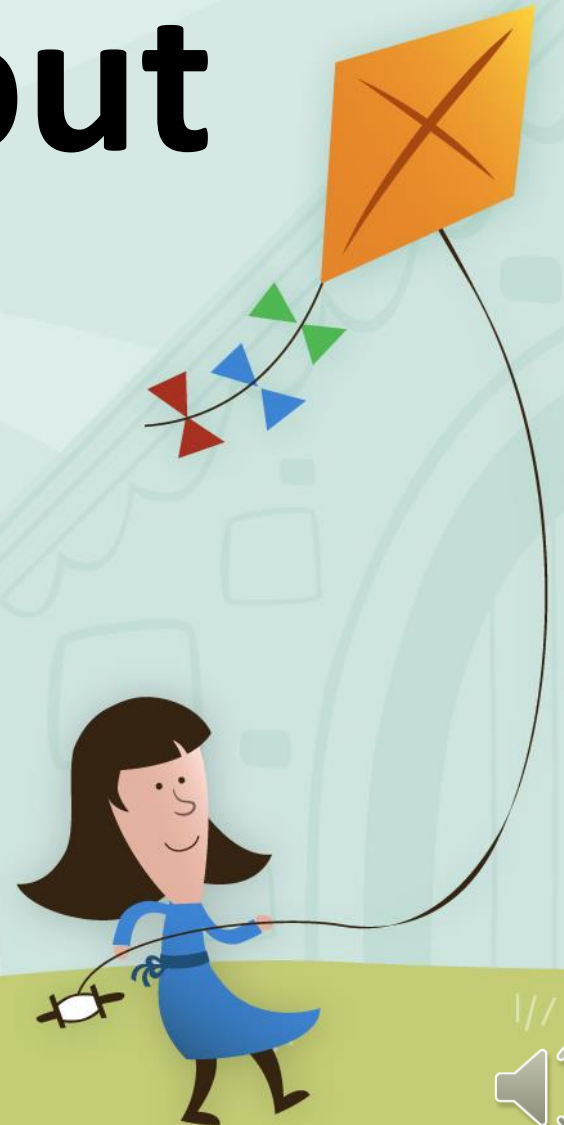


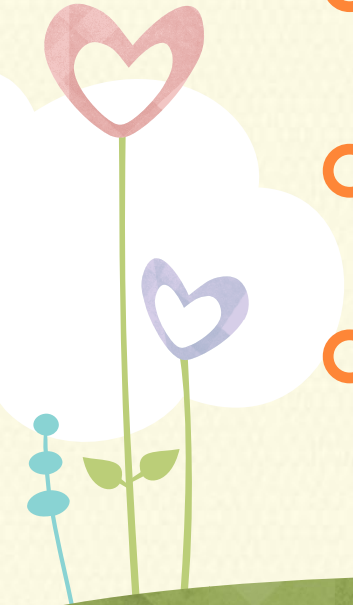
Oral-Motor Workout

PSLE Oral Exams
20 – 21 August 2015



BELLY BREATHING

- Hand on your belly
- Close your eyes
- Breathe **in** through your **nose**; *hold, 2, 3, 4...*
- Breathe **out** through your **mouth**: *Whoosh...*



Lips

Open your mouth (say /ɑ:/) and
close your mouth (say /m/)



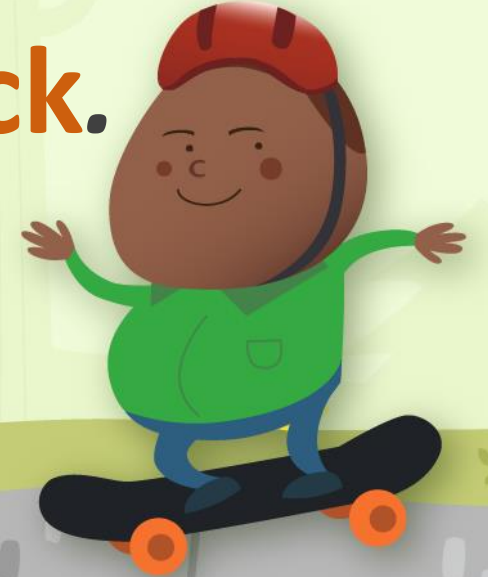
Lips

Puff your cheeks.
Keep your lips tight.
[Gargle...]



Lips

Press your lips together.
Open them with a **smack**.



Lips

Pucker your lips.
Say *'muak'*.



Tongue

Stick your tongue out
as far as you can.



Tongue

Try to **touch your chin**
with your tongue
as far as you can.



Tongue

Try to **touch your nose**
with your tongue
as far as you can.



Tongue

Curl your tongue
behind your front teeth.

Release your tongue

and make

a **popping** sound.



Tongue

Place your **tongue**
behind your front teeth
and say:

/ lu: /, / la: /, / lei /



/ lu: /, / la: /, / lei /

YouTube^{SG}



香港中文大學
國樂隊

lu la la 、 lu la la 、 lu la lu la ley 、
lu la lu la lu la 、 lu la lu la ley 、
lu la la 、 lu la la 、 lu la lu la ley 、
lu la lu la lu la ley 。

Source: https://www.youtube.com/watch?v=E5U_B90-kxl

Jaw

Open your **jaw**
as wide as you can

and say

/ ʌ /, / ɪ /, / e /, / ɒ /, / ʊ /.



You are a pro...

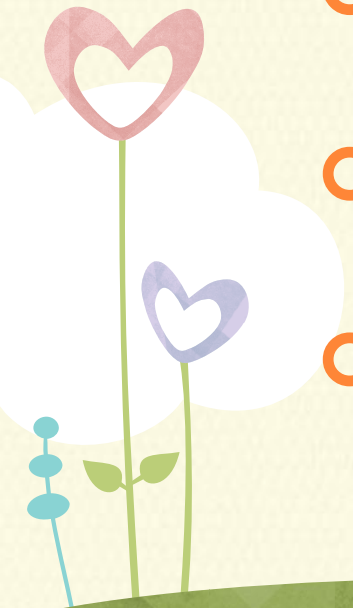
Lip roll

Tongue Trill



BELLY BREATHING

- Hand on your belly
- Close your eyes
- Breathe **in** through your **nose**; *hold, 2, 3, 4...*
- Breathe **out** through your **mouth**: *Whoosh...*





Think **positive**, stay **calm**, be **confident**.
And you will do just fine.