



Therapeutic Oral Motor Activities

YOUTUBE FREEBIE

Looking for some oral motor activities for your picky eater, sensory seeker, or sensory avoiding child?? Try these therapeutic oral motor activities throughout your daily routine!

1 BUBBLE MOUNTAIN

Fill a bowl with water, approximately half way.
Add several squirts of dish soap.
Use a straw to blow bubbles to create a bubble mountain.

2 POM POM PATH

Use painter's tape or other items to create a path on the floor (ideally not carpet).
Use a straw or just mouth to blow pom poms (or other light weight items) along the path.
Remain on stomach to promote primitive reflex integration.

3 BLOW ALONG STRING PATH

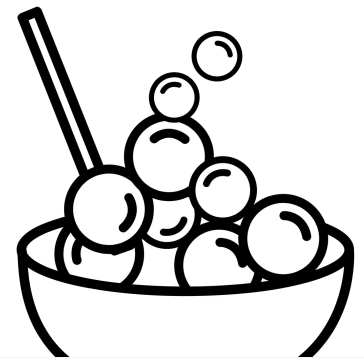
Tape / tie a string between two objects, off the floor.
Place an item(s) on the string - beads, noodles, etc.
Use a straw or just mouth to blow items from one end of the string to the other.

4 TABLE HOCKEY

Place "goals" on either end of a table - pieces of painter's tape is very easy to use.
Use a pom pom (or other light weight item) as the "puck" & begin to blow the item back & forth, attempting to score a goal on the other side.

5 SLIME BUBBLES

Place slime on the table.
Use a straw to blow bubbles in the slime.
This takes practice and problem solving to complete!



When we take oral motor activities away from pressured situations at meals, we see more progress!

6 FEATHER CHALLENGE

Lay on back or stand & toss a light weight item, such as a feather, into the air.
Use breath to keep the item up in the air.
Use a timer to see how long it will stay in the air.

7 SPOON BALANCE

Place a spoon in mouth, handle end held between lips (try not to use teeth).
Balance items on / in the "bowl" of the spoon while moving through obstacles.

8 TONGUE TIP CHALLENGE

Use a piece of cereal or small piece of candy & place on the tip of tongue while tongue is sticking out of mouth.
Use a timer to see how long it will balance.

9 FOOD PICK-UP

Place small pieces of food items in a line on the table.
Use just tongue to pick up food items.
Use as a competition!

10 SILLY FACE IMITATION

Make various silly faces & have child imitate.
Use a mirror.
Use video feedback. Incorporate lips, tongue, cheeks, etc.
Name oral motor structures as well.



Try these activities with your child! Build rapport and connection.