LIP SENSORY-MOTOR - 1 Proprioceptive
(Touch and Move): Center Upper Lip

Touch center of upper lip and using finger pressure lift toward nose. Lift upper lip without finger.
Repeat _____ times. Do _____ sessions per day.

LIP SENSORY-MOTOR - 2 Proprioceptive
(Touch and Move): Center Lower Lip

Touch center of bottom lip and using finger pressure, lower toward chin. Lower bottom lip without finger.
Repeat _____ times. Do _____ sessions per day.
LIP SENSORY-MOTOR - 3  Proprioceptive
(Touch and Move): Side

Apply finger pressure to corner of mouth and pull corner back toward ear. Move corner of mouth without finger.
Repeat _____ times. Do _____ sessions per day.

LIP SENSORY-MOTOR - 4  Seriation (Move in Sequence)
Center Upper / Lower Lip

1. Touch upper lip.  2. Touch bottom lip.
Without fingers:
3. Lift upper lip.  4. Lower bottom lip.
Repeat _____ times. Do _____ sessions per day.
LIP SENSORY-MOTOR - 5  Seriation (Move in Sequence)
Side / Side

1. Touch one side of mouth.  2. Touch other side.
Without fingers:
3. Pull back one side of mouth.  4. Pull back other side.
Repeat _____ times.  Do _____ sessions per day.

LIP SENSORY-MOTOR - 6  Seriation (Move in Sequence)
Center Upper / Lower Lip and Side

Use finger to touch in order: center of upper lip, center of lower lip, ____ side of mouth. Then without finger:
1. Lift upper lip.  2. Lower bottom lip.  3. Pull back ____ side of mouth.
Repeat _____ times.  Do _____ sessions per day.
LIP SENSORY-MOTOR - 7  Seriation (Move in Sequence)
Center Upper and Side Alternating

With finger, touch: center upper lip, one side of mouth then other side of mouth.
Without finger:
1. Lift upper lip. 2. Pull back one side of mouth. 3. Pull back other side of mouth.
Repeat _____ times. Do _____ sessions per day.

LIP SENSORY-MOTOR - 8  Resistive (Press vs Push)
Pressure Lips

Press lips tightly together. Push air into both lips. Avoid letting air escape into your cheeks.

Hold _____ seconds. Repeat _____ times. Do _____ sessions per day.
LIP SENSORY-MOTOR - 9  Resistive (Press vs Push)
Pressure Upper

Press lips tightly together. Push air into upper lip. Avoid letting air escape into the lower lip or cheeks.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

LIP SENSORY-MOTOR - 10  Resistive (Press vs Push)
Pressure Center

Apply finger pressure to center of lips. While pressing lips with fingers, push lips forward.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.
LIP SENSORY-MOTOR - 11 Resistive (Press vs Push)
Pressure to Separate

Apply finger and thumb pressure on lips. Squeeze lips together. Continue squeezing while attempting to open mouth.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

LIP SENSORY-MOTOR - 12 Resistive (Press vs Push)
Pressure to Close

Apply finger and thumb pressure on lips to separate. Continue pressing away from lips while attempting to close mouth.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.
LIP SENSORY-MOTOR - 13 Resistive (Press vs Push)
Pressure Forward

Apply finger and thumb pressure to pull lips back. Continue pressing while attempting to push lips forward.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

LIP SENSORY-MOTOR - 14 Resistive (Press vs Push)
Pressure Back

Apply finger and thumb pressure to pull lips forward. Continue pressing while attempting to pull lips back.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.
**LIP SENSORY-MOTOR - 1 Proprioceptive (Touch and Move): Center Upper Lip**

Touch center of upper lip and using finger pressure lift toward nose. Lift upper lip without finger. Repeat ___ times. Do ___ sessions per day.

**LIP SENSORY-MOTOR - 2 Proprioceptive (Touch and Move): Center Lower Lip**

Touch center of bottom lip and using finger pressure, lower toward chin. Lower bottom lip without finger. Repeat ___ times. Do ___ sessions per day.

**LIP SENSORY-MOTOR - 3 Proprioceptive (Touch and Move): Side**

Apply finger pressure to corner of mouth and pull corner back toward ear. Move corner of mouth without finger. Repeat ___ times. Do ___ sessions per day.

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**LIP SENSORY-MOTOR - 4 Seriation (Move in Sequence): Center Upper / Lower Lip**


**LIP SENSORY-MOTOR - 5 Seriation (Move in Sequence): Side / Side**

1. Touch one side of mouth. 2. Touch other side. Without fingers: 3. Pull back one side of mouth. 4. Pull back other side. Repeat ___ times. Do ___ sessions per day.

**LIP SENSORY-MOTOR - 6 Seriation (Move in Sequence): Center Upper / Lower Lip and Side**

Use finger to touch in order: center of upper lip, center of lower lip, ___ side of mouth. Then without finger: 1. Lift upper lip. 2. Lower bottom lip. 3. Pull back ___ side of mouth. Repeat ___ times. Do ___ sessions per day.

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**LIP SENSORY-MOTOR - 7 Seriation (Move in Sequence): Center Upper and Side Alternating**

With finger, touch: center upper lip, one side of mouth then other side of mouth. Without finger: 1. Lift upper lip. 2. Pull back one side of mouth. 3. Pull back other side of mouth. Repeat ___ times. Do ___ sessions per day.

**LIP SENSORY-MOTOR - 8 Resistive (Press vs Push): Pressure Lips**

Press lips tightly together. Push air into both lips. Avoid letting air escape into your cheeks. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

**LIP SENSORY-MOTOR - 9 Resistive (Press vs Push): Pressure Upper**

Press lips tightly together. Push air into upper lip. Avoid letting air escape into the lower lip or cheeks. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

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**LIP SENSORY-MOTOR - 10 Resistive (Press vs Push): Pressure Center**

Apply finger pressure to center of lips. While pressing lips with fingers, push lips forward. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

**LIP SENSORY-MOTOR - 11 Resistive (Press vs Push): Pressure to Separate**

Apply finger and thumb pressure on lips. Squeeze lips together. Continue squeezing while attempting to open mouth. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

**LIP SENSORY-MOTOR - 12 Resistive (Press vs Push): Pressure to Close**

Apply finger and thumb pressure on lips to separate. Continue pressing away from lips while attempting to close mouth. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.
LIP SENSORY-MOTOR - 13  Resistive (Press vs Push)  
Pressure Forward

Apply finger and thumb pressure to pull lips back. Continue pressing while attempting to push lips forward.

Hold _____ seconds.  
Repeat _____ times.  
Do _____ sessions per day.

LIP SENSORY-MOTOR - 14  Resistive (Press vs Push)  
Pressure Back

Apply finger and thumb pressure to pull lips forward. Continue pressing while attempting to pull lips back.

Hold _____ seconds.  
Repeat _____ times.  
Do _____ sessions per day.