



Video 1 of 4: Tongue Exercises

Dr. Martha Tara Lee: Hi! Thanks for signing up for Tongue Twisters and without further ado, I'm going into the first of four videos that I have for you relating to tongue exercises. And in this first video, I want to talk about that three common tongue movements that you can make. Okay?

So the first one is side to side. So your tongue goes side to side tracing the outline of your lips. So you just go side to side. So stick out your tongue and go side to side. So it's a little bit like a windshield going to side to side. And the next one is up and down. So it's, some people call it flicking. Okay? So keep going like how fast can you go. And the last one is round and round. So what you can do is open your mouth and then trace the outline of your mouth and then the other side. That's it.

So if you're finding it difficult to do, as you can see I have a little bit of difficulties so even though I teach this, I'm not perfect at it. There are three ways: side to side, up and down, round and round. Got it?

One of the best ways to learn how to do this quickly is to practice in front of a mirror, mirror. And the reason is because, just like a dancer, they practice in front of a mirror. It provides them instant motor skills feedback. So they see them some doing the mistakes of the action that they don't really want. And then they can on the spot, immediately work on it and make it better.

So, our tongue as our strongest muscle in our body, is flexible. Unfortunately, just like anything in life, you do need to practice so that it can get better at it is as simple as that. You don't need to judge ourselves or be so hard on ourselves; you can get it right the first time. And as adults we seem to be so hard on ourselves and go into self flagellation and just hit and abuse ourselves. That is really quite unnecessary. Okay?

So I want you to know that you can do this in front of the mirror and that would really help correct the speed of movement analysis. You feel it on yourself but you can also see it when you do it in front of a mirror. Also, if you do a little bit of it every day, just like anything you do, you want to build a muscle, you do this a progress list, progressively and slowly over time. Be gentle to yourself. You know, most of us would brush our teeth at least twice a day. So just to a little bit of it at, you know, when you're brushing your teeth at night, before and after you brush your teeth.



If you want to find a way to remember how to do this, you may want to utilize your time when you go to the toilet, sitting on the toilet bowl, having a little pee, do a little bit of it. You know, you are in private, nobody really sees that so that is also another good time to practice.

So I hope you like this video and I have another video I'll be sharing with you, more tongue twisters. So stay tuned, and this has been Dr. Martha Tara Lee of Eros Coaching.

Stay Tuned to Tongue Twisters!