



Video 3 of 3: Use of Props

Dr. Martha Tara Lee: Welcome to Video 3 and in Video 3 we'll be talking about the use of props. So one of the props that I often like recommending is the use of grapes. Not all the grapes just one grape. So put one grape into your mouth and begin twirling it with your tongue. So this really helps develop dexterity of your tongue and I know you'll be tempted to eat the grape that's fine, too, just have a bunch of them if you enjoy eating your grapes and have fun with your grapes. The second way to play with your grapes is the use of your teeth. So you can bite the grape without breaking the skin of the grape and then you can also play with the grape while you're at it.

The second way you can do this is to take a piece of fruit. It can be a mango, it can be an apricot, it can be a plum, it can be an apple, something that you could bite into only you are holding it and you're playing with it. So you actually now have an object to do all the tongue exercises that we talked about, the up and down, the right through left, and then the round and round. So then when you have the fruit in your mouth you can push it out, you can push it in, you can suck on it, so really play with the fruit.

Another way of playing with the fruit is actually to dangle it in the air. So dangle it and play with it. Why? Because sometimes we do put too much pressure on it and if you dangle it and you flick it, you know, you just need to have your tongue with the right amount of pressure otherwise actually push the grape away so that can be a great way of becoming more sensitive with your awareness of your tongue and the pressure and the rhythm and things like that.

So another tip that I have for you here is noodles. So we've been talking about the different motions but we haven't been talking about the sucking and it's much easier to do when you actually have a prop and by this I mean you can be sucking into your mouth a pasta or for the Chinese rice noodles or mien and any other kind of noodles that you can think of, any kind of noodles that's specifically long so you can go right even like straw, you know. We do that with that straw. So we do have this ability to do it however it's about the practice. So you can vary all the different things that you can become comfortable doing with your tongue.

Okay, the last thing that I have for you is the cherry and it's just something like maybe you want to try for fun. Okay, cherry, cherry has a stalk, right?



Have you heard of people who can actually have the cherry in their mouth and then actually put a little twist to the stalk, they can double twist the stalk. So if this is one of your life-long ambitions then feel free to try it because by now you have a stronger tongue and your tongue is a lot more flexible than before. Go ahead and try.

I actually do know of somebody who can do it so this is not just urban myth and if this is one of the things that you want to try it's just something that you need to practice doing. So let me know how it goes for you I'm very interested to hear how you guys go with props and also if you have any other thoughts, comments, suggestions, feedback, let me know.

This has been Dr. Martha Tara Lee of Eros Coaching.

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