



Facial Muscle Exercises



1. Raise your eyebrows
(Surprise)
Repeat 10 times



2. Furrow your brows
(Angry)
Repeat 10 times



3. Close your eyes
Repeat 10 times



4. Wrinkle your nose
(Distaste)
Repeat 10 times



5. Suck your cheeks in
Repeat 10 times



6. Smile
Repeat 10 times



7. Kiss/Pucker your lips
Repeat 10 times



8. Pout
Repeat 10 times

Do this for

_____ *repetitions*

_____ *times a day*