

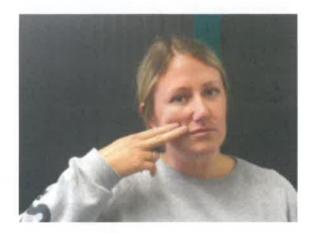
SCIENCE SCHOOL OF PSYCHOLOGY Speech Science

Stretch 1 for over-active strong side

Step 1: hold fingers down side of nose on strong side



Step 2: bring under the nose to the weaker side firmly



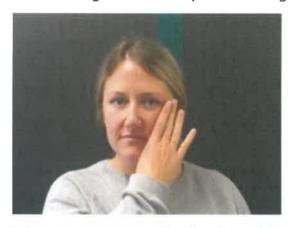


SCIENCE SCHOOL OF PSYCHOLOGY

Speech Science

Stretch 2 for over-active strong side

Step 1: hold fingers under eye on strong side



Step 2: bring fingers down to cheek and jaw firmly



Step 3: bringing fingers across under the lips to the other side

