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## ORAL MOTOR

Oral motor activities can be used to help organize a person's system. Using blow toys can have a calming effect and decrease levels of arousal.

### Suggested Activities:

- Whistles
- Blowers
- Bubbles
- Blowing spit balls through a straw at a target
- Blowing through a straw to move a ping pong ball
- Kazoos
- Harmonicas
- Blowing sudsy water or Styrofoam pieces
- Chewing crushed ice or a frozen banana
- Eating crunchy foods
- Chewing on licorice or beef jerky

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