



6840 Seaview Road, Sechelt, BC V0N 3A4

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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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email: info@zonein.ca * *Toll free tel:* 1.888.8zonein (1.888.896.6346) * *Toll free fax:* 1.877.8zonein (1.877.896.6346) * *tel:* 604.885.2666 * *fax:* 604.885.2668