



Oral Motor Activities

Oral Motor activities are designed to increase awareness of the muscles around the mouth and give feedback to the whole body. They can also be used as calming proprioceptive activities before and after trigger events.

They are useful for children who chew, seek proprioception through the mouth, have pica like behaviours or use their mouth to explore.

Ideas:

- Blowing bubbles
- Sock bubbles
- Blowing paint through straws
- Blowing pom poms through straws
- Blowing up balloons
- Crunchy or chewy snacks
- Crunching or sucking ice cubes or ice lollies
- Edible messy play
- Vibrating chew toys
- Frozen teething toys
- Damp flannels to chew
- Sensory chew toys
- Drinking through a straw or sports bottle
- Drinking thicker liquids like smoothies through a straw