

# Oral Motor Olympics Games

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Here are some "games" for students using some Oral Motor activities.

One is to use a straw and blow a cotton ball across the table, racing to see who gets there first.

Using a tongue depressor held between the lips only, students move the cotton balls across the table w/ the tongue depressor.

Hold a straw between lip and nose or tongue and nose and walk for a couple of feet.

Games that involve the whole body:

For movement around the room incorporating PT and OT activities students can race putting socks between knees, backwards race, three legged race, stack blocks, bean bag toss, carry socks under chin, carry plastic eggs in a spoon, or Simon Says for following directions.

It is important that the games be fun and competition is not the focus. Everyone is a winner for participating.

Award "medals" using ribbon and candies (such as peppermint patties for silver medals) to all as winners.