

A Pretty Posy

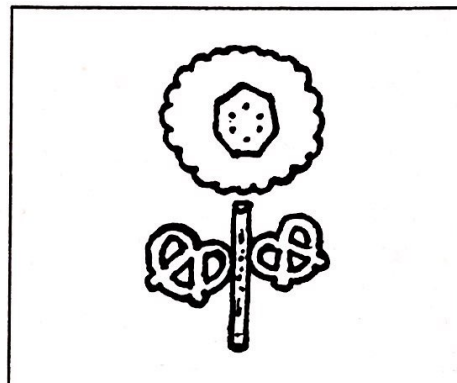
Vocabulary Words to Emphasize

flower, stem, leaves, counting, round, next to, on, under

well

Ingredients (per serving)

- 1 round cracker
- 1 oyster cracker
- 1 pretzel stick
- 2 mini pretzel twist
- photocopy (optional)



Preparation Activity: Building the Snack

1. Place round cracker, pretzel stick and mini pretzel twists on photocopy.
2. Place oyster cracker in the middle of round cracker.

Oral-Motor Activities to do After Building the Snack

1. Tighten tongue and stick it out to pick up the oyster cracker off round cracker. Bring the cracker into the mouth. Chew with lips closed. *(Promotes lip-jaw-tongue differentiation movement -- encourage the tongue to do the work not the jaw, lips, or head; encourages tongue to get tight and narrow to help strengthen tongue muscles; enhances lingual (tongue) dexterity and directional control.)*
2. Place the round cracker in front of the mouth. Push the tongue against the cracker while pushing the cracker against the tongue. Hold for a count of five or until the cracker breaks. Chew with lips closed. *(Increases front-tongue resistance; increases tongue strength and endurance; provides proprioceptive input; encourages appropriate food manipulation.)*
3. Hold the pretzel twist at the right corner of the mouth with fingers. Touch the pretzel with the tongue-tip. Move the pretzel twist around the lips (central upper lip, left corner of mouth, central lower lip) and touch the pretzel at each location with the tongue. Do this three times with each pretzel twist. Take small bites and chew with mouth closed. *(Improves tongue control and directionality; provides proprioceptive input.)*

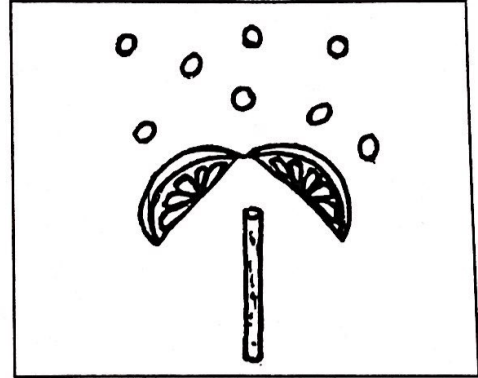
Rain, Rain Go Away

Vocabulary Words to Emphasize

umbrella, handle, rain, wet, dry,
on top, under, open

Ingredients (per serving)

2 orange slices
½ pretzel rod
10 pieces of multi-colored cereal
photocopy (optional)



Preparation Activity: Building the Snack

1. Place the orange slices and pretzel rod on photocopy.
2. Place cereal pieces on photocopy.

Oral-Motor Activities to do After Building the Snack

1. Place pretzel rod against the length of right side of the tongue. Push tongue against the pretzel while pushing pretzel against tongue. Hold for a count of five. Do this on the left side of tongue. Take small bites and chew with lips closed. *(Increases tongue strength and endurance; Provides proprioceptive input; Encourages tongue-jaw movement differentiation; Encourages appropriate food manipulation.)*
2. Take a small bite of orange slice at one end. Squeeze orange slice with lips and suck juice out of orange. Hold for a count of five, relax; then repeat two more times. Do this with both orange slices. Take small bites and chew with lips closed. *(Contract (tighten) lips to encourage strength and endurance; encourages appropriate food manipulation and intra-oral suctioning.)*
3. Hold one piece of cereal on the upper lip and another piece of cereal on lower lip. Stick tongue out of mouth and move it up and down touching each piece of cereal. Do this five times. Chew with lips closed. Do this with all pieces of cereal. *(Encourages vertical tongue movement and tongue tip elevation; encourages tongue independent movement while jaw remains as still as possible; encourages appropriate food manipulation.)*

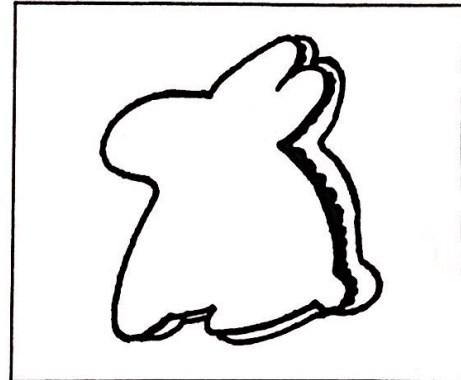
Bunny Grilled Toast

Vocabulary Words to Emphasize

butter, bread, toast, raisins, cheese, hot, cool, bunny, cut, eyes, nose

Ingredients (per serving)

2 slices of bread
butter
1 slice of cheese
bunny shaped cookie cutter
3 raisins
paper towel



(Teacher prepares grilled cheese sandwich or toasted cheese sandwich before snack time.)

Preparation Activity: Building the Snack

1. Cut grilled or toasted cheese sandwich with cookie cutter to make bunny shape.
2. Place the raisins on bunny for eyes and nose.

Oral-Motor Activities to do After Building the Snack

Cool snack completely before initiating the oral-motor activities.

1. Place a raisin at the left corner of mouth. Move tongue to the left side to touch raisin and then bring tongue back into mouth. Move raisin to upper lip, right corner of mouth and lower lip. Each time move tongue out to touch raisin. Place raisin inside the mouth and chew with lips closed. Move tongue laterally to nudge the raisin between the cutting edges of the teeth. Do this with each raisin. *(Improves tongue control and directionality -- encourages precision, accuracy and speed of tongue movement; provides proprioceptive input; encourages lip-jaw-tongue movement differentiation.)*
2. Place an end of the cooled sandwich in front of mouth. Push tongue between pieces of bread. Hold for a count of five. Do this five times at various places around sandwich. Squish the tongue into the cheese. Call attention to the smooth sensation. *(Encourages tongue muscle contractions and tightening to increase muscle strength and endurance; promotes proprioceptive input.)*
3. Take small bites of the sandwich and emphasize appropriate chewing. Sweep tongue inside mouth from side to side removing all remaining food. *(Eliminates food packing; encourages lateral "inside" tongue movement and intra-oral suctioning when lips are closed; emphasizes good rotary jaw movement while chewing to avoid just munching or sucking.)*

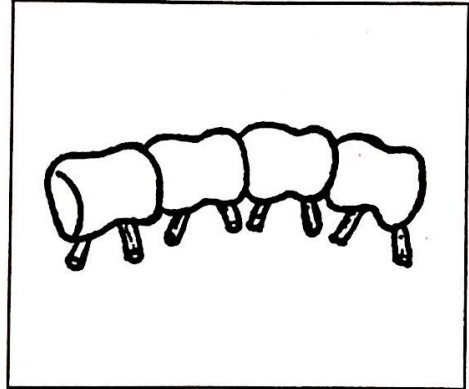
Marshy the Caterpillar

Vocabulary Words to Emphasize

counting, break, in, under, lip rounding, squeeze, tight, hold, legs, body

Ingredients (per serving)

4 large marshmallows
a dab of white frosting
3 pretzel sticks broke into 3 pieces
paper towel



Preparation Activity: Building the Snack

1. Place the four marshmallows on paper towel in a line.
2. Place the broken pretzel sticks under the marshmallows; (place two pretzel pieces under one marshmallow; one pretzel piece will be left over; discard).
3. Dip one end of the marshmallows in frosting and stick the marshmallows together to make the caterpillar.

Oral-Motor Activities to do After Building the Snack

1. Place one pretzel-stick half at each corner of the mouth. Stick tongue out of mouth and move it from side to side (corner to corner), touching each piece of pretzel. Start with slow controlled movements and gradually add speed. Be sure to touch the pretzel each time. Do this five times with each pair of pretzels. Chew with lips closed. Sweep tongue inside of mouth from side to side, and suction to remove all remaining food. *(Promotes lip-jaw-tongue movement differentiation-try to move tongue without extra oral or body movements; encourages lateral "outside" tongue movement; encourages appropriate food manipulation and intra-oral suctioning.)*
2. Place one marshmallow between the upper and lower lips as the lips round. Squeeze lips around marshmallow to give a big hug. Hold for a count of five. Take small bites and call attention to the chewy, spongy texture. Chew with lips closed. Focus on good rotary chewing movements, and lateral tongue movements to move the food between the cutting edges of the teeth. Sweep tongue inside the mouth from side to side, and suction, removing all remaining food. Do this with all marshmallows. *(Encourages lip rounding capability; increases lip strength and endurance; promotes lip-jaw-tongue movement differentiation; encourages appropriate food manipulation and intra-oral suctioning.)*