
**Front teeth,
lip side**



1. Open your mouth slightly.
2. Pull your cheeks back and flip your upper lip up and your lower lip down.
3. Look straight at the camera.

**Bottom teeth,
lip side**



1. Open your mouth slightly.
2. Pull your lower lip down.
3. Look straight at the camera.

**Top teeth,
lip side**



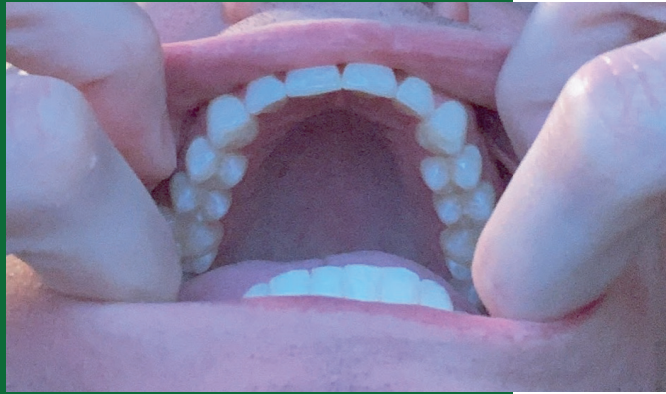
1. Open slightly.
2. Pull your upper lip up.
3. Look straight at the camera.

**Bottom front
teeth, chewing
side**



1. Open really wide.
2. Pull your lower lip down.
3. Tip your head as far down as you can.

**Top front teeth,
chewing side**



1. Open about half way.
2. Pull your upper lip up.
3. Tip your head as far back as you can.
4. It can help to kneel on the ground to that you can tip back more.

**Bottom right,
cheek side**



1. Open slightly.
2. Pull your lower lip down and your right cheek down and to the side.
3. Turn your head slightly to the left.

**Bottom right,
tongue side**



1. Open your mouth as wide as you can.
2. Pull your lower lip down.
3. Try to keep your tongue flat or pull it to the back of your mouth.
4. Tip your head slightly down and turn slightly to your right.

**Top right,
cheek side**



1. Open slightly.
2. Pull your upper lip up and your right cheek up and to the side.
3. Turn your head slightly to the left.

**Top right,
tongue side**



1. Open your mouth as wide as you can.
2. Pull your right cheek to the side.
3. Try to keep your tongue flat or pull it to the back of your mouth.
4. Tip your head slightly up and turn slightly to your right.

**Bottom left,
cheek side**



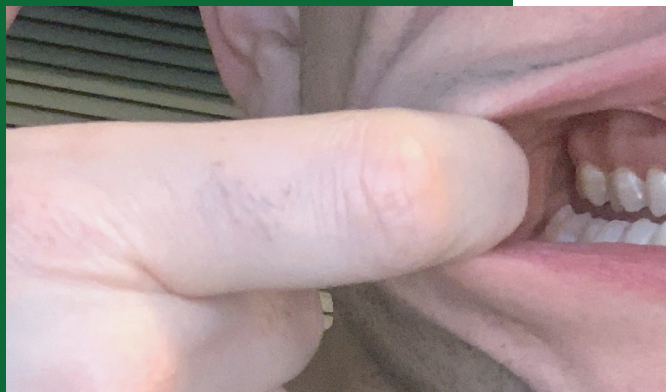
1. Open slightly.
2. Pull your lower lip down and pull your left cheek down and to the side.
3. Turn your head slightly to the right.

**Bottom left,
tongue side**



1. Open your mouth as wide as you can.
2. Pull your lower lip down.
3. Try to keep your tongue flat or pull it to the back of your mouth.
4. Tip your head slightly down and turn slight to your left.

**Top left,
cheek side**



1. Open slightly.
2. Pull your upper lip up and pull your left cheek up and to the side.
3. Turn your head slightly to the right.

**Top left,
tongue side**



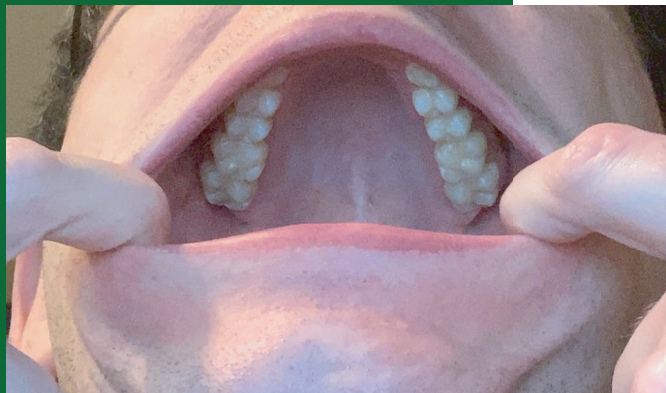
1. Open your mouth as wide as you can.
2. Pull your left cheek to the side.
3. Try to keep your tongue flat or pull it to the back of your mouth.
4. Tip your head slightly up and turn slight to your left.

**Bottom back,
chewing side**



1. Open more than halfway.
2. Pull your cheeks out.
3. Tip your head slightly down.

**Upper back,
chewing side**



1. Open more than halfway.
2. Pull your cheeks out.
3. Tip your head slightly back.
4. It can help to kneel on the ground to that you can tip back more.

