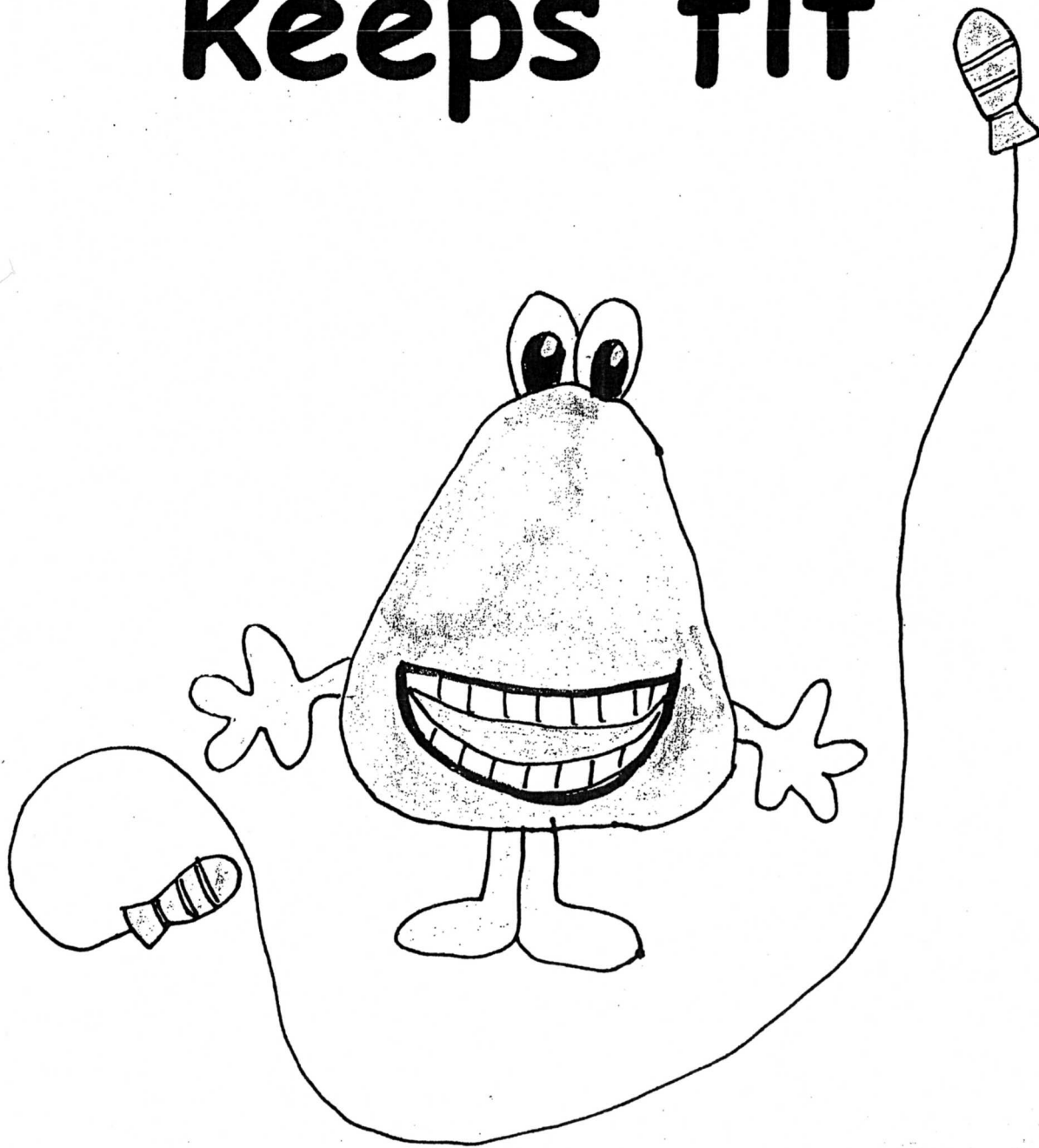
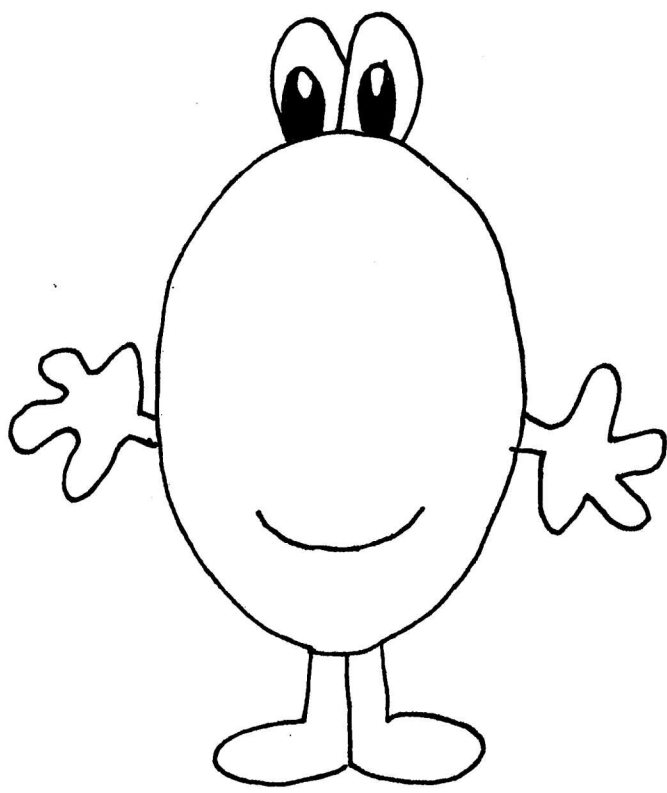


Bigmouth keeps fit

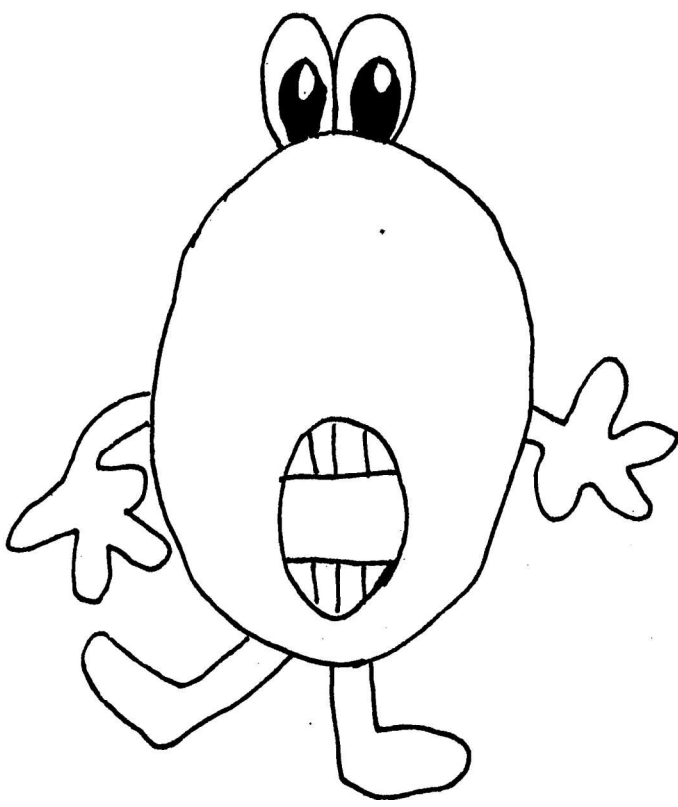


Bigmouth likes to keep
fit by doing exercises
every day. He has his
special routine that own
follows each time he he f
s to the gym. Now goes
mouth is going to do Bigm
exercises. He puts his
s trainers and sets on hi
Let's join in with off.
mouth and keep fit Bign
! Are you ready? too



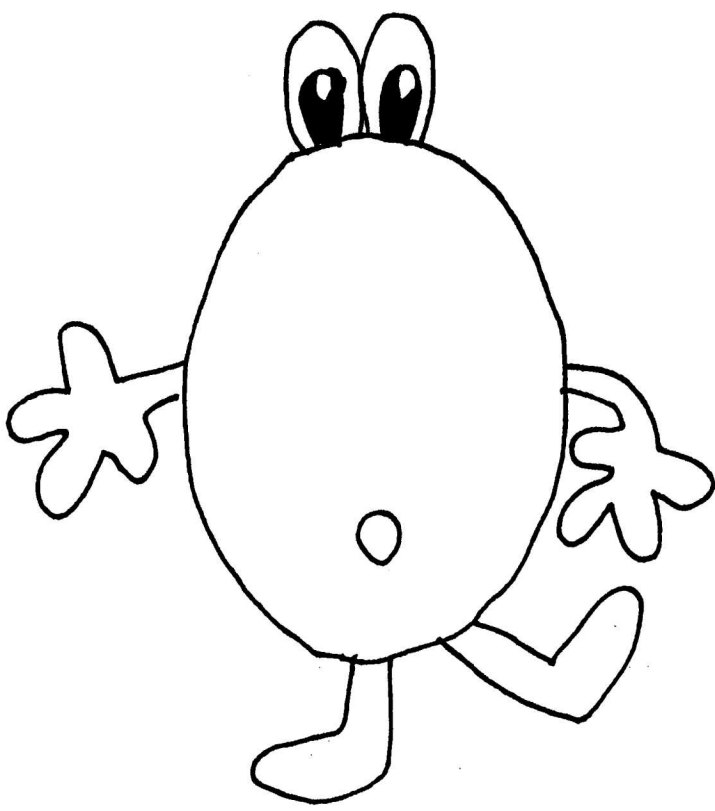
.....**mmm**.....

m - put your lips together and
keep them closed.

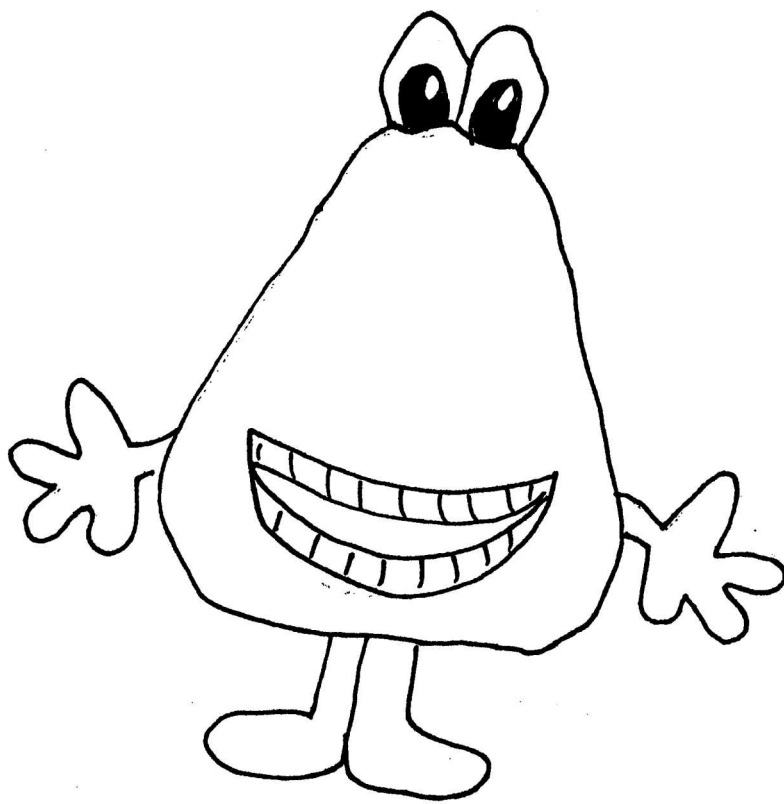


.....**ah**.....

Open your mouth wide and gently
stretch.

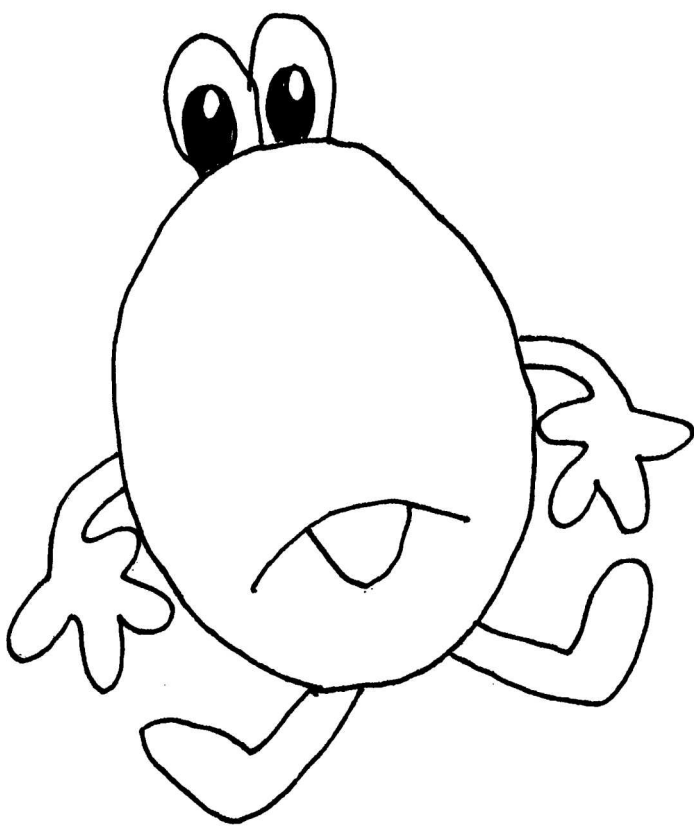


.....**oo**.....
our lips forward into a Push y
round shape.

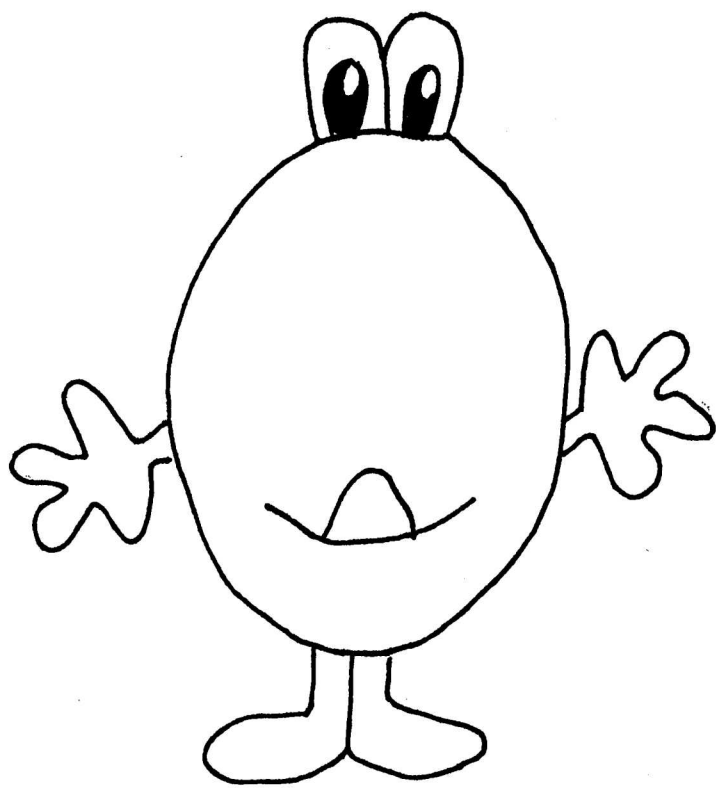


.....**eeee**.....

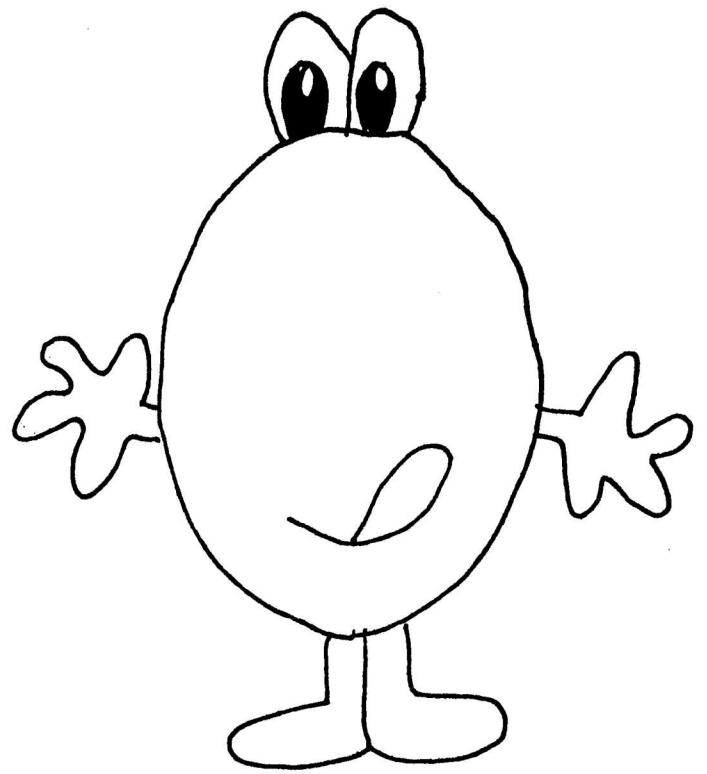
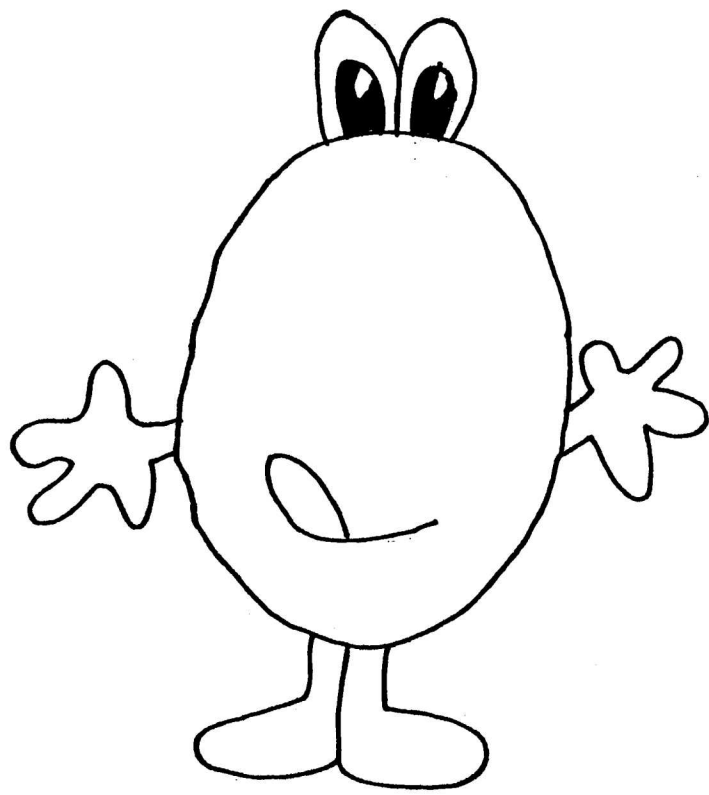
Spread your lips wide into a big
smile.



Stick your tongue out and be as
rude as you can !

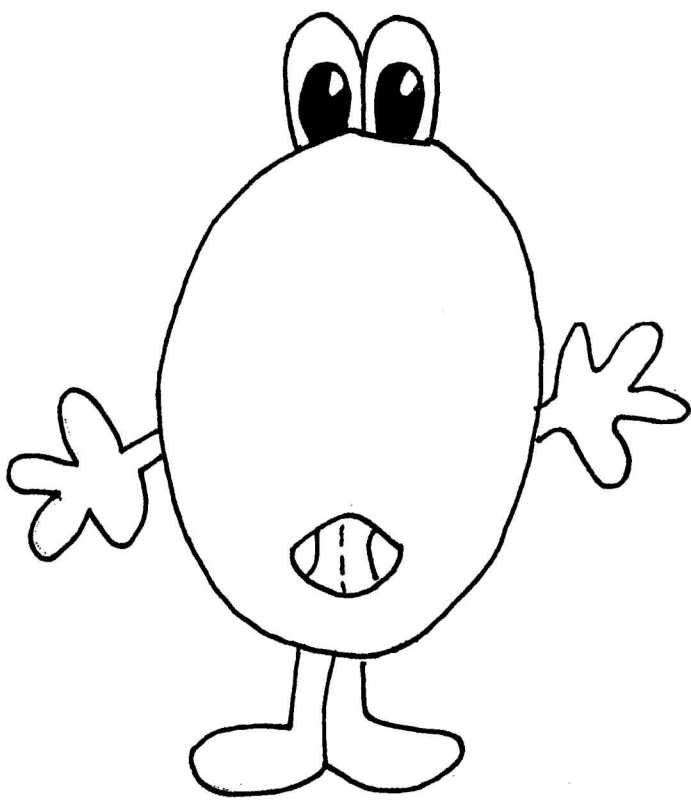


Stick out your tongue and try to
touch your nose with it.



Stick your tongue out and reach
over to the corner of your
mouth.

First one side then the other
side.



.....**nnn**.....

Place the tip of your tongue up
behind your top teeth.

Bigmouth has finished his
exercises and now he is
tired. He takes off his
trainers and has one final
stretch before going
home.

Bye bye Bigmouth

