

# ながはま きゃんせ体操 ～お口版～ 各3～5回のペースで毎日続けましょう

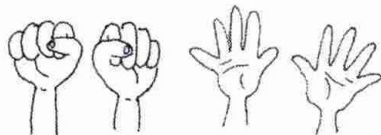
## ①体操の姿勢



## ②深呼吸



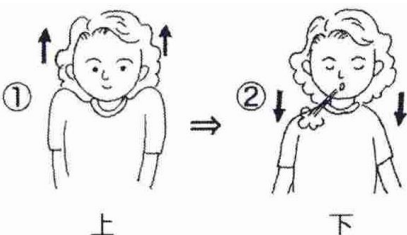
## ③手・指の体操



## ④首の体操



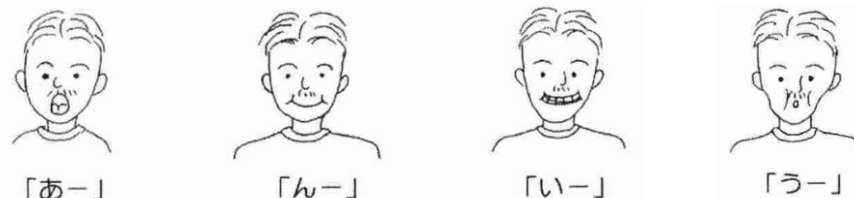
## ⑤肩の体操



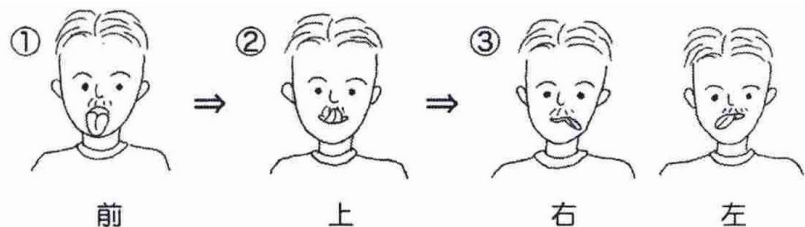
## ⑥頬の体操



## ⑦唇・口の体操



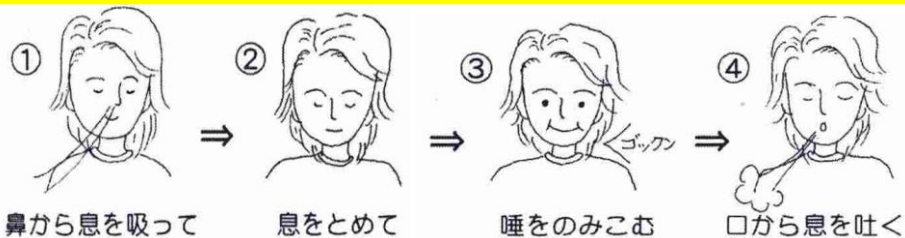
## ⑧舌の体操



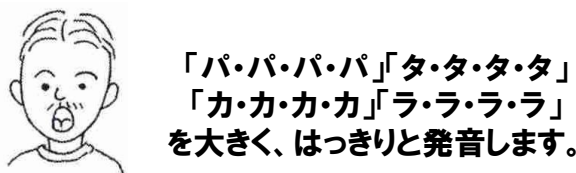
## ⑨唾液腺マッサージ



## ⑩唾ゴックン



## ⑪声を出しましょう「パ・タ・カ・ラ」



## ⑫深呼吸

