

## Sounds made with the lips (bilabial sounds)

/p/



Step 1.

Hold the index finger and thumb together while the lips are closed.



Step 2.

Pop them open when the lips open to release air.

/b/



Step 1.

Same as /p/ but with two fingers to show the voice is turned on.



Step 2.

/m/



Option 1.

Fingers and thumb come together as the lips move to a closed position and the voice is turned on for /m/.

or



Option 2.

Hold an index finger on closed lips while making an /m/ sound.

/w/



Circle rounded lips with an index finger while making a /w/ sound.

## Sounds made with the tongue and teeth (dental sounds).

/f/



Hold an index finger under the bottom lip to show how the top teeth rest on the bottom lip while air blows through the teeth.

/v/



Same movement but with two fingers to show the voice is turned on.

/th/ voiceless



Use an index finger to show how the tongue tip is between or slightly behind the teeth while air blows over it.

/th/ voiced



Same movement but with two fingers to show the voice is turned on.

# Sounds made with the tongue tip on/near the ridge behind the upper teeth (alveolar sounds).

/t/



Tap an index finger beside the mouth to show how the tongue tip taps the ridge.

/d/



Same movement but with two fingers to show the voice is turned on.

/n/



Hold an index finger beside the nose to show how the tongue tip is held on the ridge while the sound vibrates through the nasal cavity.

/ŋ/



Hold an index finger straight up to show how the tongue tip is held on the ridge while the voice is turned on.

/s/



Drag an index finger in front of closed teeth to show how the tongue tip is behind the teeth while air blows over it and through the front teeth.

/z/



Same movement but with two fingers to show the voice is turned on.

/r/



Curl fingers up and pull hand back to show how the whole tongue pulls back in the mouth and the tip is curled up – some people curl it down.

# Sounds made with the tongue tip on/near the back of the ridge (palatal sounds).

/ch/



Top two fingers beside the cheek to show how the tongue tip taps the back of the ridge.

/j/



Same movement but with three fingers to show the voice is turned on.

/sh/



Hold an index finger in front of puckered lips while blowing air through the mouth.

## Sounds made with the back of the tongue (velar sounds).

/k/



Push an index finger upwards under the jaw to show how the back of the tongue touches the roof of the mouth.

/g/



Same movement but with two fingers to show the voice is turned on.

/h/



Blow air on an open hand while making the /h/ sound.