Sounds made with the lips (bilabial sounds)

/ρ/



Step 1.

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





Pop them open them when the lips open to release air.

/b/









Step 2.

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

/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.





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

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

/v/

/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. Contraction

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.

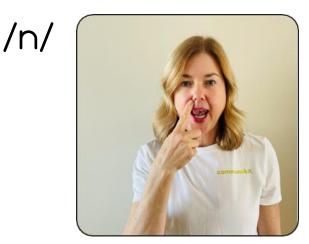
Sounds made with the tongue tip on/near the ridge behind the upper teeth (alveolar sounds).



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



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



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.



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.



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





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/



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



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



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.



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.

