

New sound: ow

74

Lesson 74 of 83 (ages 3-6) / 68 of 77 (age 7+) · Vowel Teams & Tricky Words · Ages 3-7+ · about 10 min

GOAL

Your child can say /ow/ when they see "ow", and hear it in words like cow.

WHY IT MATTERS

"ow" is 2 letters that make ONE sound. Seeing them as one unit stops your child reading the letters separately, and unlocks words like cow, now, how.

YOU'LL NEED

- The practice sheet for this lesson (worksheet.pdf) and a pencil or crayon.
- The lesson page on a phone or tablet, for the sounds and games.

LESSON FLOW about 10 minutes

1 min

Warm up

Quick flash of the last sounds: write "ur", "or", "ar" on paper, point, and your child says each sound.

SAY | *"What sound is this? And this one?"*

2 min

Listen

Play /ow/ on the lesson page three times. Your child watches your mouth and copies.

SAY | *"This is /ow/. Watch my mouth: start wide, close to 'oo'."*

2 min

Show how

Show the letters "ow" and the action: Pretend to prick finger saying ow-ow-ow. Then tap the words on the lesson page.

SAY | *"When I see ow, I say /ow/. cow: /ow/ cow!"*
"Two letters, one sound. They're best friends: they always stick together."

2 min

Do it together

Sound hunt: find 3 things at home with /ow/. Then do the trace-and-write part of the practice sheet. Read together: cow, now, how, town, down, brown.

2 min

Play

Play the games on the lesson page: hear /ow/ and tap its letters, then find where the sound is in a word.

1 min

Wrap up

Ask your child to teach the sound and action to someone else in the family.

SAY | *"Can you show Grandma our new sound?"*

USE WITH THIS LESSON

- **This lesson online (listening + games)**
[phonicsademy.com/plan/session/sound-ow](https://www.phonicsademy.com/plan/session/sound-ow)
- **Printable: Diphthongs Worksheet — ou/ow (Free PDF)**
[phonicsademy.com/printables/diphthongs-worksheet-ou-ow](https://www.phonicsademy.com/printables/diphthongs-worksheet-ou-ow)
- **Read: Vowel Teams List (Free PDF): ai, ay, ea, ee, oa, oo**
[phonicsademy.com/blog/vowel-teams-list](https://www.phonicsademy.com/blog/vowel-teams-list)
- **The “ow” sound — full page**
[phonicsademy.com/phonemes/ow](https://www.phonicsademy.com/phonemes/ow)
- **Printable: Vowel Sounds Chart (Free PDF)**
[phonicsademy.com/printables/abc-phonics-vowel-sounds-chart](https://www.phonicsademy.com/printables/abc-phonics-vowel-sounds-chart)
- **Read: 20 Vowel Sounds Chart (Free PDF) with Examples**
[phonicsademy.com/blog/vowel-sounds-chart](https://www.phonicsademy.com/blog/vowel-sounds-chart)

HEAR IT, FIND IT

Say the sound (not the letter name). Your child points to the letters. Tick first-try answers.

#	SAY / SHOW	CHOICES	ANSWER	
1	Say /ow/	ow, ur, or	ow	☐
2	Say /ur/	ur, ow, or	ur	☐
3	Say /or/	or, ow, ur	or	☐

WATCH FOR common mix-ups and what to do

- | | |
|--|---|
| Says the sound too quickly to hear. | -> /ow/ can be stretched: hold it like a long note, owowowow, then let go. |
| Reads the letters one by one (o-w). | -> Put one finger under both letters at once: "these two make one sound". |
| Forgets the sound the next day. | -> Normal! Repeat the action and the keyword daily for a week: the action is the memory hook. |

TOO HARD? MAKE IT EASIER

Only do the listening parts today: hear it, say it, find it in pictures. Save the writing for tomorrow.

TOO EASY? MAKE IT HARDER

Read these words and then write two of them from memory: cow, now, how, town, down, brown.

HOW DID IT GO?

MY CHILD CAN...

- ☐ Says /ow/ when shown "ow".
- ☐ Hears /ow/ in a word you say (cow).
- ☐ Writes "ow" as one sound unit.

Date: _____

Colour in the stars:



Notes: _____