

How to Use This Pack

One page per English phoneme: the mouth-shape guide (lips, tongue, airflow), 15 example words, and a 4-step routine for teaching the sound. Pair it with the matching page on [phonicademy.com](https://www.phonicademy.com) to hear native-voice audio.

1. Say it slowly.

Read the symbol out loud, stretching the sound (e.g. "sssss" not "suh").

2. Copy the mouth shape.

Match your lips and tongue to the lips/tongue icons on the card. Use a mirror if you have one.

3. Feel the airflow.

Follow the airflow icon — some sounds push air out fast (p, t, k), others let it flow smoothly (s, f, sh).

4. Practice with words.

Use the example word list on each page, then follow the How to Teach steps below it.

"s" — /s/ — as in sun



Scan for audio

S

/s/

How to read the symbol

“s”



Keep your lips relaxed and slightly spread.



Place your tongue near the top behind your teeth.



Push a thin stream of air out between your teeth.



Example words

sat, sip, sun, sad, sit, bus, gas, mess, pass, sock, six, desk, wasp, list, miss

How to teach the "s" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /s/.

2. Do the gesture.

Weave your hand like a snake and say sssss — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /s/ sound: "s-a-t".

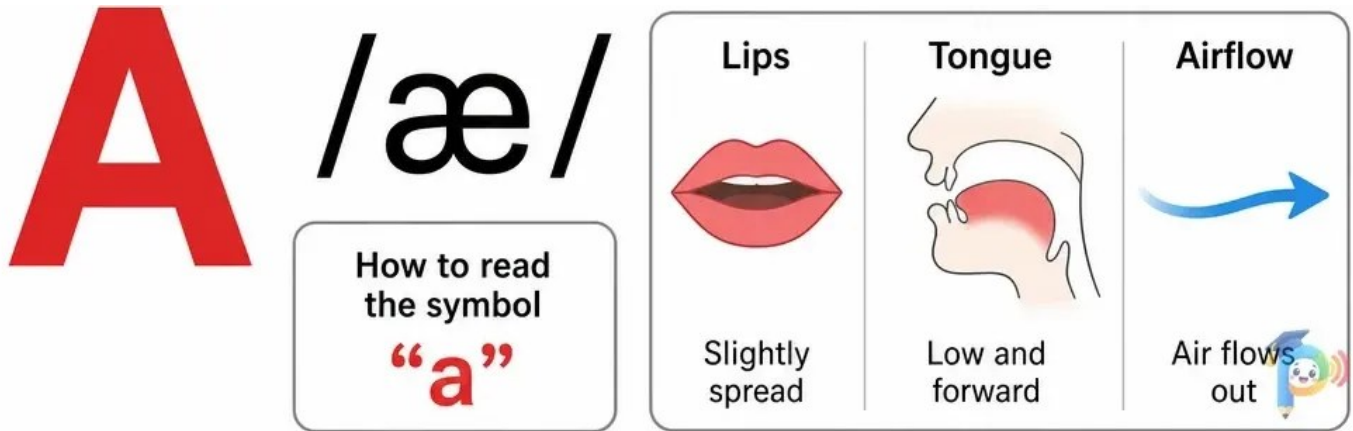
4. Spot it around the house.

"Can you find something that starts with /s/?" Aim for 3 wins in a row before stopping.

"a" — /a/ — as in ant



Scan for audio



Example words

ant, at, and, add, app, cap, bag, man, cat, hat, jam, ram, wag, lap, sad

How to teach the "a" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /a/.

2. Do the gesture.

Wiggle fingers up your arm like ants and say a-a-a — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /a/ sound: "a-n-t".

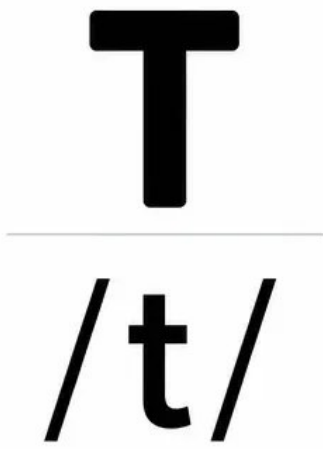
4. Spot it around the house.

"Can you find something that starts with /a/?" Aim for 3 wins in a row before stopping.

"t" — /t/ — as in tap



Scan for audio



How to read
the symbol

“t”



Lips

Lips relaxed and neutral.



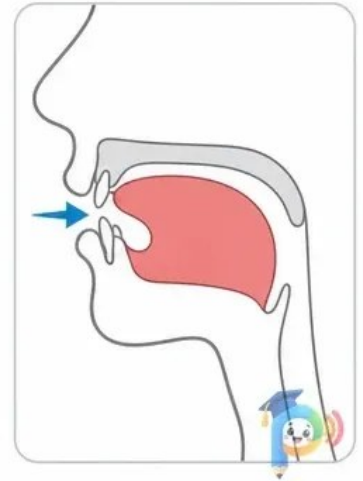
Tongue

Tongue tip touches just behind the upper front teeth.



Airflow

Short burst of air released forward.



Example words

tap, tip, top, tin, ten, cat, hot, bat, mat, fit, hit, pot, tent, cot, nut

How to teach the "t" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /t/.

2. Do the gesture.

Turn your head side to side like watching tennis and say t-t-t — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /t/ sound: "t-a-p".

4. Spot it around the house.

"Can you find something that starts with /t/?" Aim for 3 wins in a row before stopping.

"p" — /p/ — as in pan

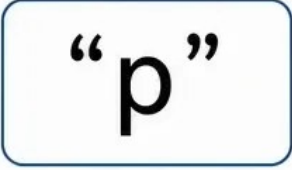


Scan for audio





How to read the symbol





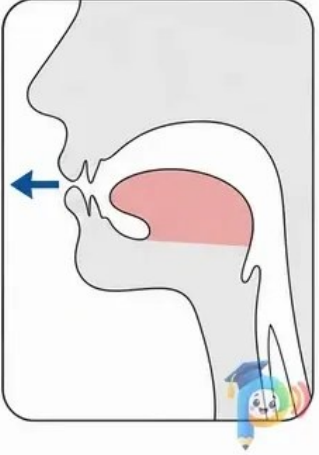
Lips
Press together firmly.



Tongue
Relaxed and low in the mouth.



Airflow
Press lips together, then release a short burst of air.



Example words

pat, pin, pen, pan, pip, map, cap, lip, top, nap, pop, pump, spot, mop, hop

How to teach the "p" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /p/.

2. Do the gesture.

Pretend to blow out a candle and say p-p-p — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /p/ sound: "p-a-t".

4. Spot it around the house.

"Can you find something that starts with /p/?" Aim for 3 wins in a row before stopping.

"i" — /i/ — as in ink

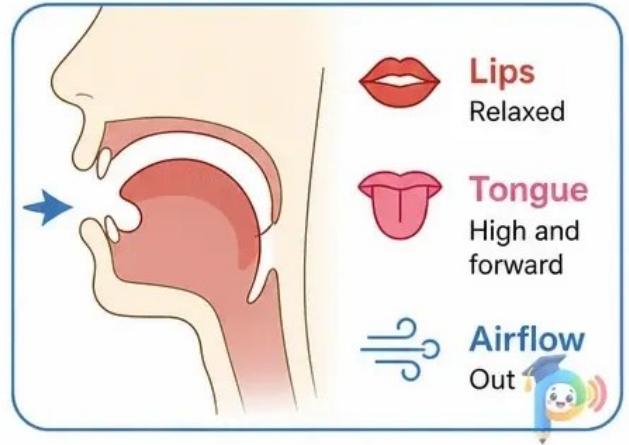


Scan for audio

I
/i/

How to read
the symbol

“i”



Example words

ink, in, it, is, if, fish, lid, hit, pin, six, dish, milk, wind, gift, wig

How to teach the "i" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /i/.

2. Do the gesture.

Pretend a mouse is running and say i-i-i — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /i/ sound: "i-n-k".

4. Spot it around the house.

"Can you find something that starts with /i/?" Aim for 3 wins in a row before stopping.

"n" — /n/ — as in net



Scan for audio

N

/n/

How to read the symbol

“n”



Lips
Open and relaxed.



Tongue
Tip behind upper front teeth.



Airflow
Air flows out through the nose.



Example words

net, nap, nip, not, nut, pan, sun, win, ban, ton, run, fun, ten, van, tin

How to teach the "n" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /n/.

2. Do the gesture.

Make a plane noise with arms out and say nnnnn — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /n/ sound: "n-e-t".

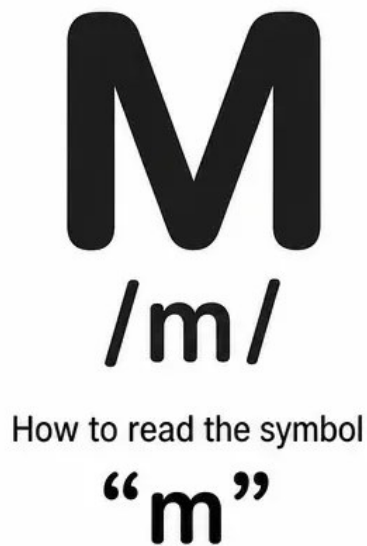
4. Spot it around the house.

"Can you find something that starts with /n/?" Aim for 3 wins in a row before stopping.

"m" — /m/ — as in map



Scan for audio



Lips

Close both lips gently.



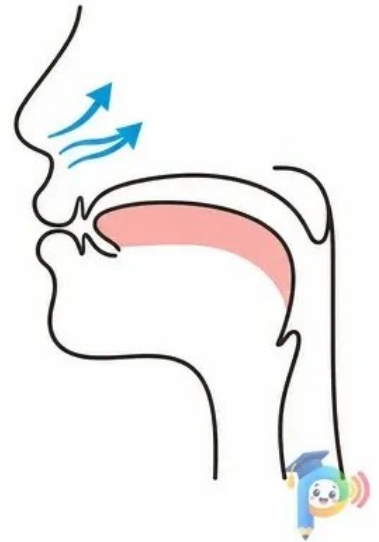
Tongue

Rest your tongue flat on the floor of your mouth.



Airflow

Air flows out through your nose.



Example words

map, mat, man, mop, mud, jam, ham, dim, ram, hum, drum, swim, rim, arm, sum

How to teach the "m" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /m/.

2. Do the gesture.

Rub your tummy like eating yummy food and say mmmmm — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /m/ sound: "m-a-p".

4. Spot it around the house.

"Can you find something that starts with /m/?" Aim for 3 wins in a row before stopping.

"d" — /d/ — as in dog



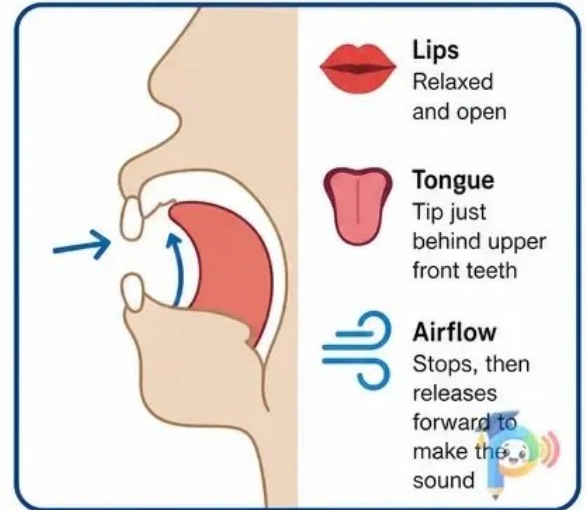
Scan for audio

D

/d/

How to read
the symbol

“d”



Example words

dog, dig, dip, dim, dad, bed, red, mud, sad, bad, lid, pod, rod, kid, sled

How to teach the "d" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /d/.

2. Do the gesture.

Beat a drum and say d-d-d — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /d/ sound: "d-o-g".

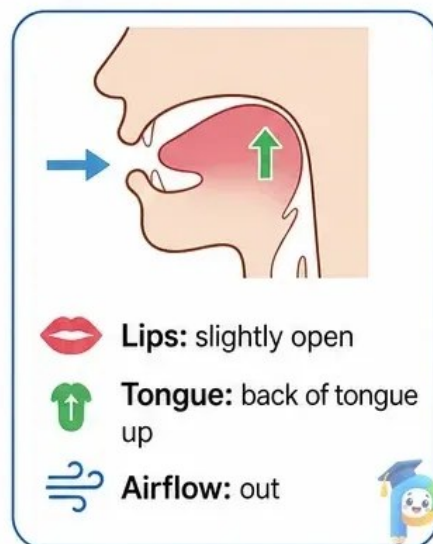
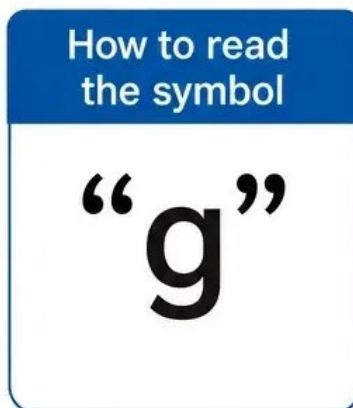
4. Spot it around the house.

"Can you find something that starts with /d/?" Aim for 3 wins in a row before stopping.

"g" — /g/ — as in goat



Scan for audio



Example words

got, gap, gum, gas, gun, bag, dog, leg, pig, rug, big, fog, tag, wig, log

How to teach the "g" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /g/.

2. Do the gesture.

Spiral your hand down like water draining and say g-g-g — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /g/ sound: "g-o-t".

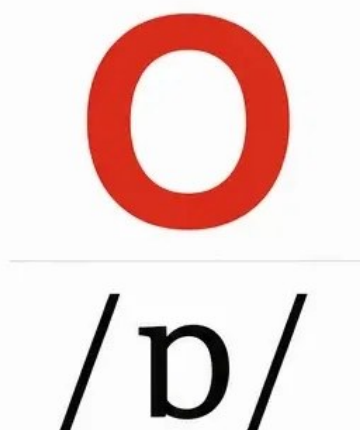
4. Spot it around the house.

"Can you find something that starts with /g/?" Aim for 3 wins in a row before stopping.

"o" — /o/ — as in on

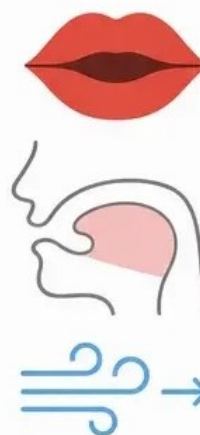


Scan for audio



How to read
the symbol

“ O ”



Lips

Rounded
and open

Tongue

Low and
back

Air

Flows out
smoothly



Example words

on, off, odd, pot, cot, hot, dog, fox, box, job, mop, top, sock, rock, dot

How to teach the "o" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /o/.

2. Do the gesture.

Pretend to turn a light on and off saying o-o-o — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /o/ sound: "o-n".

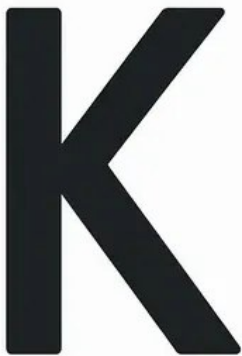
4. Spot it around the house.

"Can you find something that starts with /o/?" Aim for 3 wins in a row before stopping.

"c" — /c/ — as in cat



Scan for audio





How to read the symbol

“k”



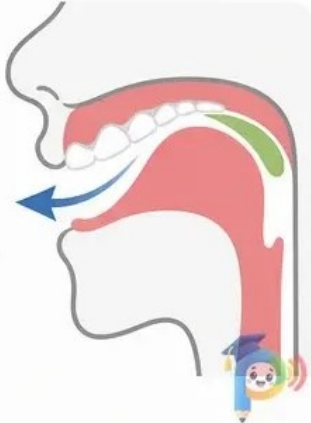
Lips
Relaxed and open.



Tongue
Raise the back of your tongue to the soft palate.



Airflow
Air builds up, then releases out.



Example words

cat, cap, cup, cot, can, cob, cub, cod, cow, cost, cast, camp, curl, cuff, cave

How to teach the "c" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /c/.

2. Do the gesture.

Pretend to play castanets and say c-c-c — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /c/ sound: "c-a-t".

4. Spot it around the house.

"Can you find something that starts with /c/?" Aim for 3 wins in a row before stopping.

"k" — /k/ — as in kit



Scan for audio

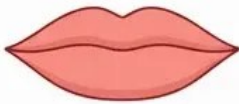
K

/k/

How to read the symbol

“k”

Lips



Relaxed and open.

Tongue



Back of tongue up touching the soft palate.

Air



Release air.



Example words

kit, kid, keg, king, kick, pink, milk, silk, bark, dark, spark, trunk, skin, skip, desk

How to teach the "k" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /k/.

2. Do the gesture.

Crack an egg on the side of a bowl and say k-k-k — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /k/ sound: "k-i-t".

4. Spot it around the house.

"Can you find something that starts with /k/?" Aim for 3 wins in a row before stopping.

"e" — /e/ — as in egg



Scan for audio



/e/

How to read the symbol

“e”



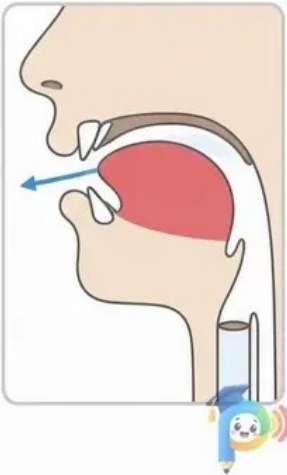
Lips
Slightly spread.



Tongue
Raise the front of your tongue.



Airflow
Push air out through your mouth.



Example words

egg, end, elf, red, pet, bed, leg, web, wet, hen, men, pen, den, vet, jet

How to teach the "e" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /e/.

2. Do the gesture.

Pretend to crack an egg and say eh-eh-eh — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /e/ sound: "e-g-g".

4. Spot it around the house.

"Can you find something that starts with /e/?" Aim for 3 wins in a row before stopping.

"u" — /u/ — as in up



Scan for audio

U

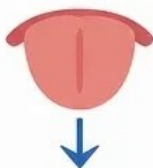
Lips



Relaxed and open

/ʌ/

Tongue



Low and in the center

How to read the symbol

“u”

Airflow



Air flows out



Example words

up, us, under, cut, run, bug, mud, sun, fun, bus, hug, rug, tub, cub, gum

How to teach the "u" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /u/.

2. Do the gesture.

Pretend to hold an umbrella up and say u-u-u — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /u/ sound: "u-p".

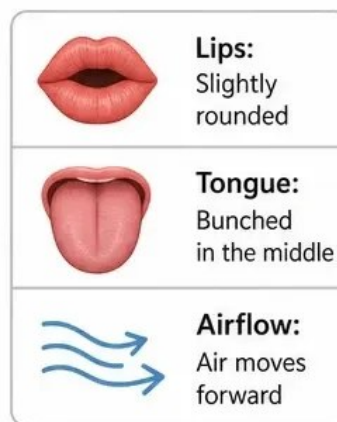
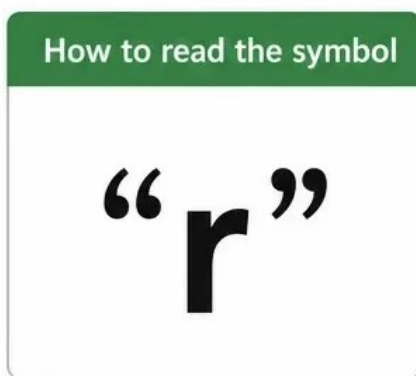
4. Spot it around the house.

"Can you find something that starts with /u/?" Aim for 3 wins in a row before stopping.

"r" — /r/ — as in run



Scan for audio



Example words

run, red, rug, rat, rip, rob, rim, rod, rag, ram, rib, rock, rust, ring, roof

How to teach the "r" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /r/.

2. Do the gesture.

Pretend to be a dog with a bone and say rrrr — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /r/ sound: "r-u-n".

4. Spot it around the house.

"Can you find something that starts with /r/?" Aim for 3 wins in a row before stopping.

"h" — /h/ — as in hat



Scan for audio

H

/h/

How to read the symbol

“h”

Lips



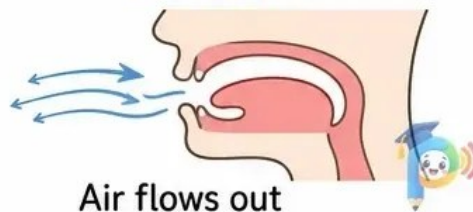
Open

Tongue



Relaxed and low

Airflow



Air flows out

Example words

hat, hot, hit, hug, hen, hop, ham, hip, hut, hem, hog, hand, help, hill, honk

How to teach the "h" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /h/.

2. Do the gesture.

Hold hand in front of mouth to feel the air and say h-h-h — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /h/ sound: "h-a-t".

4. Spot it around the house.

"Can you find something that starts with /h/?" Aim for 3 wins in a row before stopping.

"b" — /b/ — as in bat

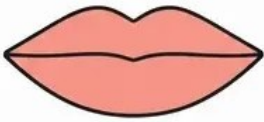


Scan for audio

B /b/

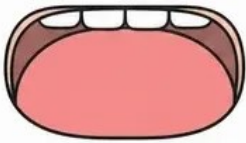
How to read the symbol "b"

Lips



Press your lips together.

Tongue



Keep your tongue behind your lips.

Airflow



Open your lips and let the air out.

Example words

bat, big, bed, bus, bit, cab, cub, rib, web, tub, job, sob, rob, lab, cob

How to teach the "b" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /b/.

2. Do the gesture.

Pretend to hit a ball with a bat and say b-b-b — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /b/ sound: "b-a-t".

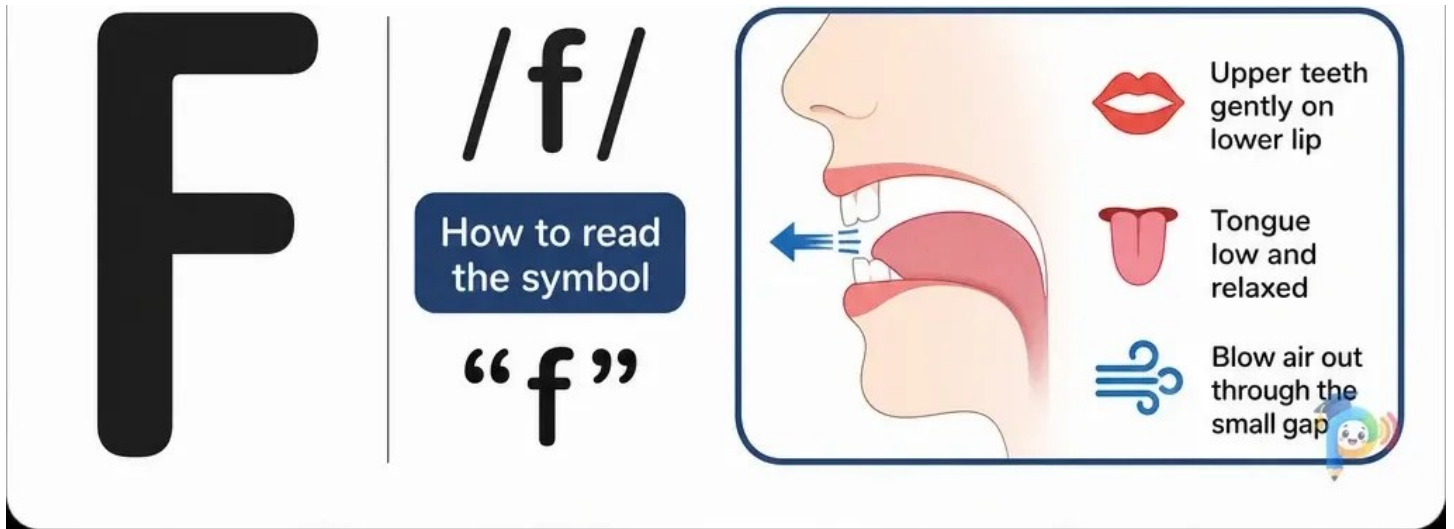
4. Spot it around the house.

"Can you find something that starts with /b/?" Aim for 3 wins in a row before stopping.

"f" — /f/ — as in fan



Scan for audio



Example words

fan, fun, fat, fit, fog, cuff, off, stiff, gulf, raft, left, soft, huff, puff, self

How to teach the "f" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /f/.

2. Do the gesture.

Let a balloon deflate slowly and say fffff — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /f/ sound: "f-a-n".

4. Spot it around the house.

"Can you find something that starts with /f/?" Aim for 3 wins in a row before stopping.

"l" — /l/ — as in lip



Scan for audio

L

/l/

How to read the symbol

“l”

Lips



Relaxed

Tongue



Tip of tongue
touches behind
upper front teeth

Airflow



Air flows out
along the sides
of the tongue



Example words

lip, leg, log, lid, lot, bell, hill, doll, ball, tall, well, fall, pill, mall, wall

How to teach the "l" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /l/.

2. Do the gesture.

Lick a lollipop and say lllll — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /l/ sound: "l-i-p".

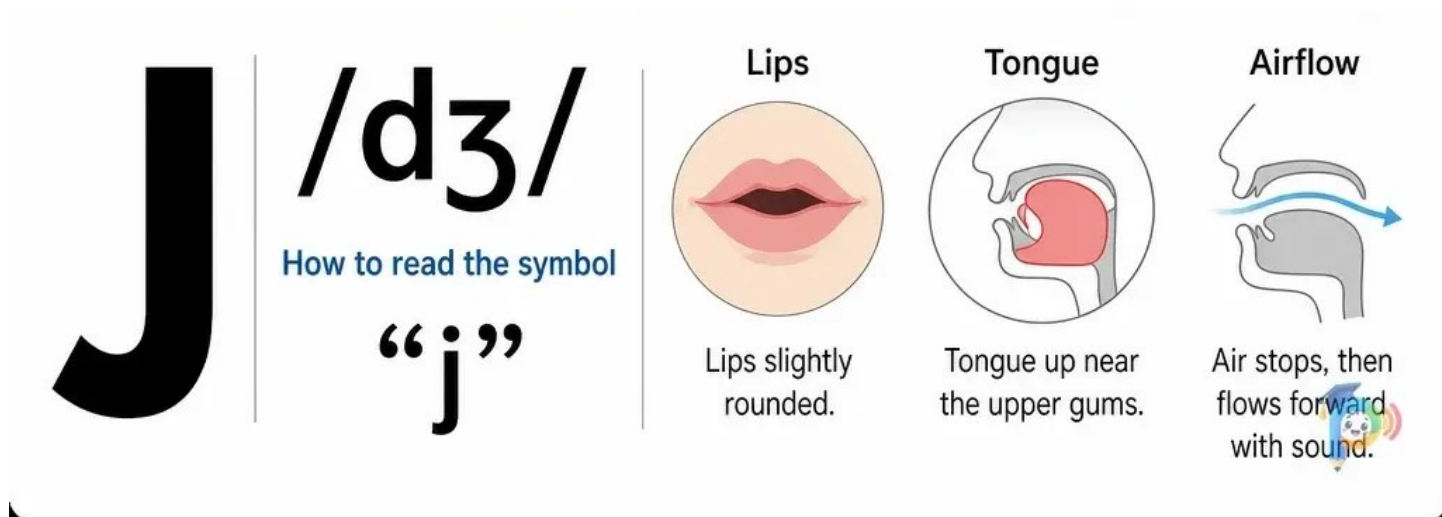
4. Spot it around the house.

"Can you find something that starts with /l/?" Aim for 3 wins in a row before stopping.

"j" — /j/ — as in jam



Scan for audio



Example words

jam, jug, jet, jog, job, jig, jab, jazz, jump, jot, jolt, jerk, jeep, jaw, junk

How to teach the "j" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /j/.

2. Do the gesture.

Pretend to wobble like jelly on a plate and say j-j-j — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /j/ sound: "j-a-m".

4. Spot it around the house.

"Can you find something that starts with /j/?" Aim for 3 wins in a row before stopping.

"v" — /v/ — as in van



Scan for audio

V

/v/

How to read the symbol

“v”

Lips



Top teeth lightly on
bottom lip

Tongue



Tongue tip behind
bottom teeth

Airflow



Push voiced air
through the gap

Example words

van, vet, vim, vat, vest, have, give, five, dove, love, move, vine, vase, visit, valley

How to teach the "v" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /v/.

2. Do the gesture.

Drive a van and say vvvvvv — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /v/ sound: "v-a-n".

4. Spot it around the house.

"Can you find something that starts with /v/?" Aim for 3 wins in a row before stopping.

"w" — /w/ — as in wet

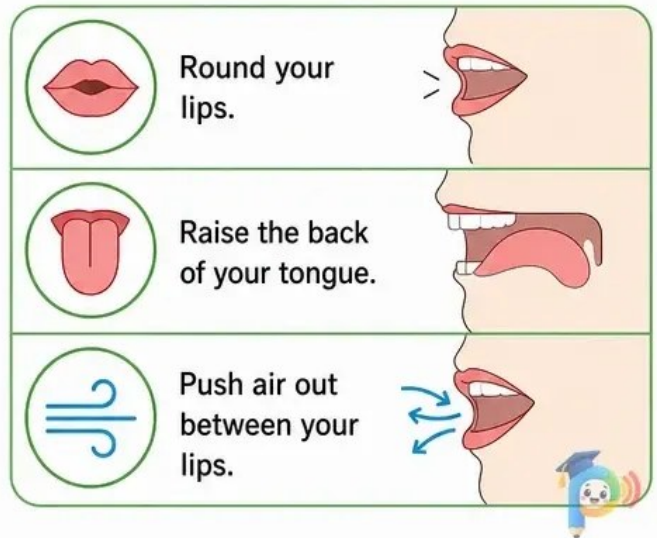


Scan for audio

W
/w/

How to read
the symbol

“w”



Example words

wet, wig, win, web, wag, wax, well, west, wind, wish, wisp, wolf, wasp, witch, twin

How to teach the "w" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /w/.

2. Do the gesture.

Blow on a windmill and say wh-wh-wh — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /w/ sound: "w-e-t".

4. Spot it around the house.

"Can you find something that starts with /w/?" Aim for 3 wins in a row before stopping.

"x" — /x/ — as in fox



Scan for audio

X
/ks/

How to read
the symbol

“X”



Lips

Slightly open.



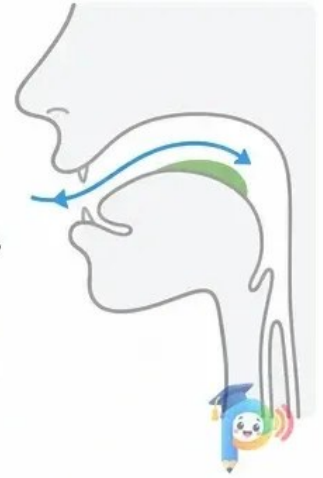
Tongue

Back of the tongue
up to the soft palate,
then release.



Airflow

Stop, then a narrow
hiss of air out
through the teeth.



Example words

fox, box, six, mix, fix, wax, tax, fax, flax, oxen, exit, text, next, exam, sixty

How to teach the "x" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /x/.

2. Do the gesture.

Pretend to take an x-ray and say ks-ks-ks — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /x/ sound: "f-o-x".

4. Spot it around the house.

"Can you find something that starts with /x/?" Aim for 3 wins in a row before stopping.

"y" — /y/ — as in yes



Scan for audio

Y

/j/

How to read the symbol

“y”



Lips

Keep lips relaxed and slightly open.



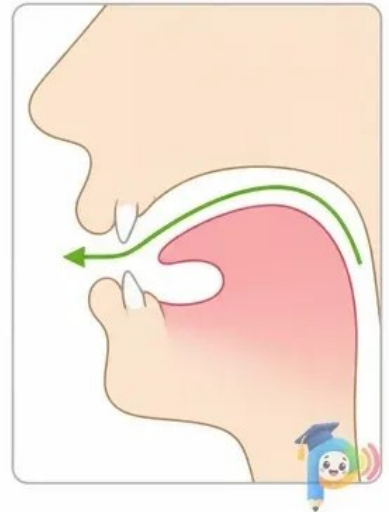
Tongue

Raise the middle of your tongue toward the hard palate.



Airflow

Let the air flow smoothly over your tongue and out.



Example words

yes, yam, yet, yell, yak, yarn, yawn, yard, yoga, young, yank, yummy, yolk, yeti, yodel

How to teach the "y" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /y/.

2. Do the gesture.

Eat a yummy yogurt and say y-y-y — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /y/ sound: "y-e-s".

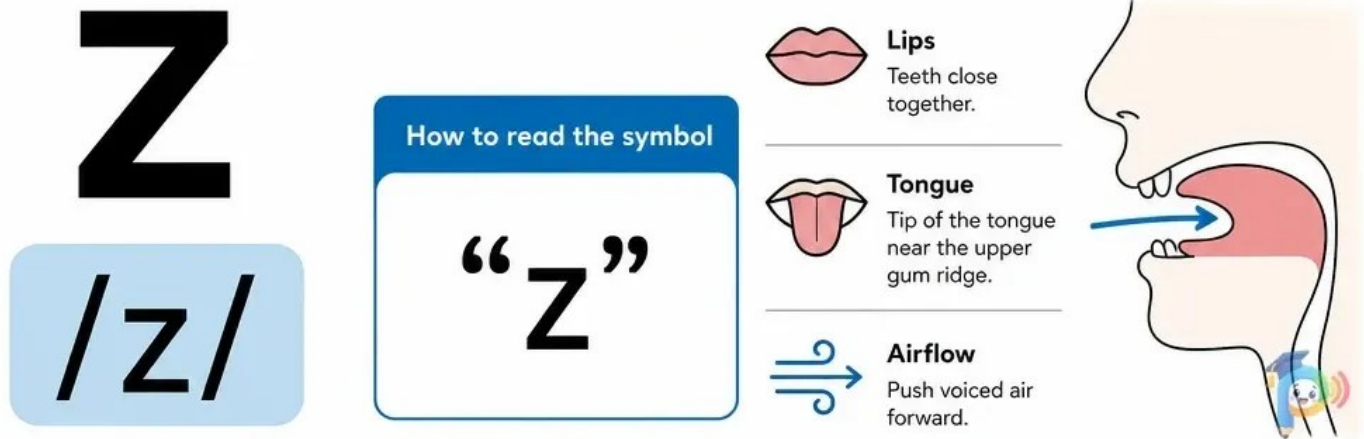
4. Spot it around the house.

"Can you find something that starts with /y/?" Aim for 3 wins in a row before stopping.

"z" — /z/ — as in zip



Scan for audio



Example words

zip, zoo, zap, zig, zag, zebra, zero, zoom, zone, zest, zigzag, buzz, fizz, jazz, quiz

How to teach the "z" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /z/.

2. Do the gesture.

Pretend to zip up a jacket and say zzzzz — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /z/ sound: "z-i-p".

4. Spot it around the house.

"Can you find something that starts with /z/?" Aim for 3 wins in a row before stopping.

"qu" — /qu/ — as in queen



Scan for audio

QU

/kw/

How to read the symbol

"qu"



Lips

Round your lips into a small opening.



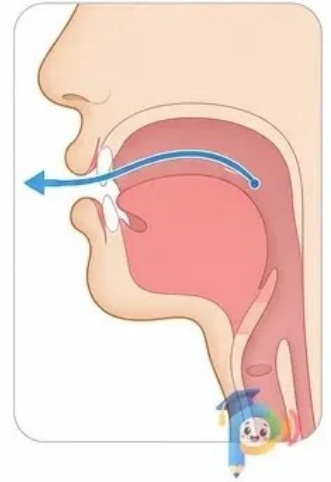
Tongue

Start with the back of your tongue up against the soft palate.



Airflow

Air stops briefly, then flows out as the sound glides forward.



Example words

queen, quiz, quit, quick, quest, quack, quilt, quake, quote, quart, squid, quiet, quill, quaint, quench

How to teach the "qu" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /qu/.

2. Do the gesture.

Make a duck beak with your hand and say qu-qu-qu — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /qu/ sound: "q-u-e-e-n".

4. Spot it around the house.

"Can you find something that starts with /qu/?" Aim for 3 wins in a row before stopping.

"ch" — /ch/ — as in chin



Scan for audio

CH

/tʃ/

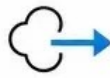
How to read the symbol
"ch"



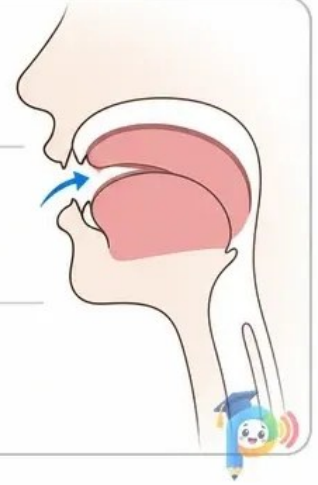
Lips are slightly rounded.



Tongue is near the upper gum ridge.



Air stops briefly, then releases out.



Example words

chin, chop, chip, chat, check, much, such, rich, bench, lunch, punch, torch, branch, chunk, champ

How to teach the "ch" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /ch/.

2. Do the gesture.

Pretend to be a train and say ch-ch-ch — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /ch/ sound: "c-h-i-n".

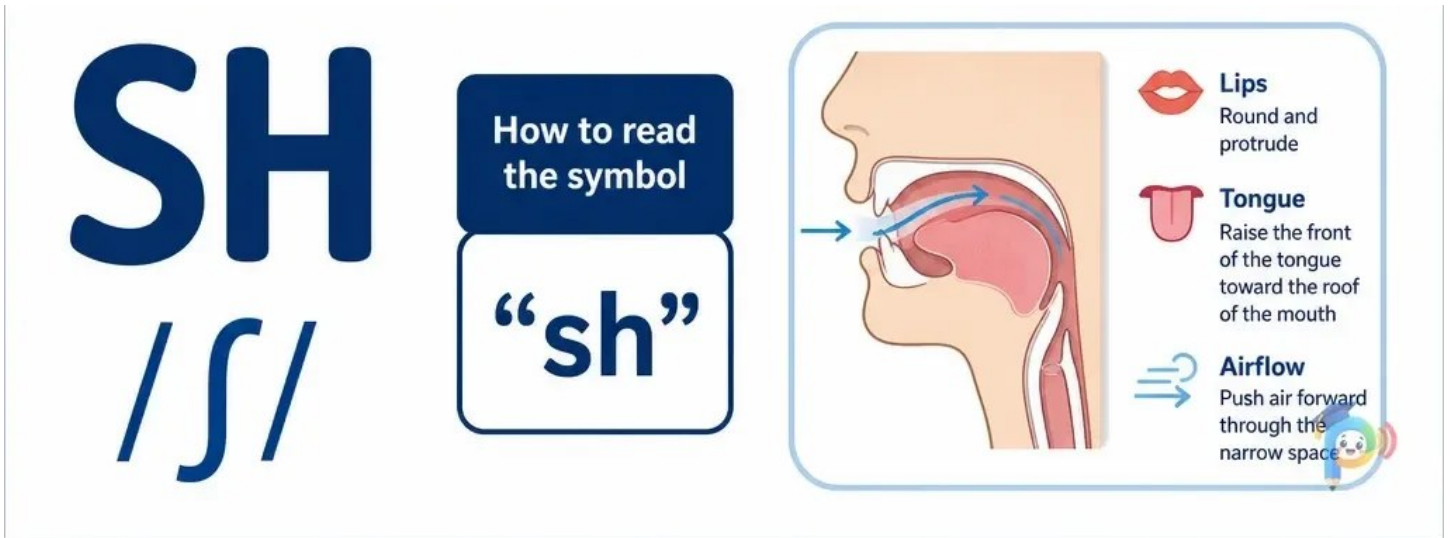
4. Spot it around the house.

"Can you find something that starts with /ch/?" Aim for 3 wins in a row before stopping.

"sh" — /sh/ — as in ship



Scan for audio



Example words

ship, shop, shut, shed, shell, fish, dish, wish, cash, dash, wash, rush, brush, crash, fresh

How to teach the "sh" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /sh/.

2. Do the gesture.

Put finger to lips and say shhhh — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /sh/ sound: "s-h-i-p".

4. Spot it around the house.

"Can you find something that starts with /sh/?" Aim for 3 wins in a row before stopping.

"th" — /th/ — as in thin

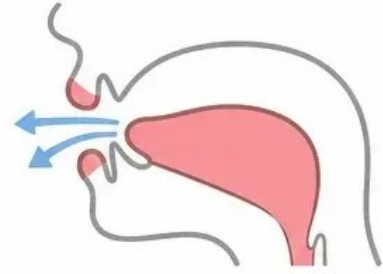


Scan for audio

TH
/θ/

How to read
the symbol

“th”



Lips: slightly apart



Tongue: tip between
or just behind teeth



Air: blow air out

Example words

thin, this, that, then, them, bath, path, math, moth, cloth, thumb, thick, think, throb, myth

How to teach the "th" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /th/.

2. Do the gesture.

Pretend to be naughty and stick out tongue saying th-th-th — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /th/ sound: "t-h-i-n".

4. Spot it around the house.

"Can you find something that starts with /th/?" Aim for 3 wins in a row before stopping.

"ng" — /ŋ/ — as in ring



Scan for audio

NG

/ŋ/

How to read the symbol

"ng"



Lips

Relaxed and natural.



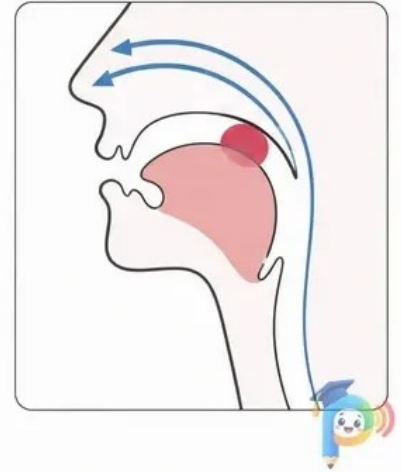
Tongue

Raise the back of your tongue to the soft palate.



Airflow

Air flows out through your nose while you speak.



Example words

ring, sing, king, long, song, gong, hang, rang, sang, wing, bang, gang, lung, hung, rung

How to teach the "ng" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /ŋ/.

2. Do the gesture.

Pretend to be a weightlifter and say ng-ng-ng — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /ŋ/ sound: "r-i-n-g".

4. Spot it around the house.

"Can you find something that starts with /ŋ/?" Aim for 3 wins in a row before stopping.

"nk" — /nk/ — as in sink



Scan for audio

NK

/ŋk/

How to read
the symbol

“nk”

- Lips**
Slightly open and relaxed.
- Tongue**
Back of tongue up to the soft palate, then release.
- Airflow**
Nasal airflow first, then a quick burst of air out of the mouth.

Example words

sink, pink, bank, tank, drink, junk, honk, rank, sank, dunk, monk, trunk, skunk, blank, plank

How to teach the "nk" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /nk/.

2. Do the gesture.

Tap your nose and say nk-nk-nk — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /nk/ sound: "s-i-n-k".

4. Spot it around the house.

"Can you find something that starts with /nk/?" Aim for 3 wins in a row before stopping.

"ai" — /ai/ — as in rain

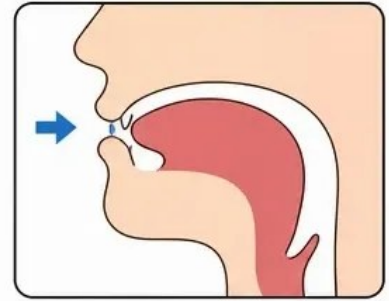


Scan for audio

AY
/eɪ/

How to read the symbol

“ay”



- **Lips:** slightly spread
- **Tongue:** up and forward
- ➔ **Airflow:** out

Example words

rain, tail, pain, mail, wait, aim, main, gain, chain, brain, drain, snail, trail, faint, paint

How to teach the "ai" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /ai/.

2. Do the gesture.

Cup hands to catch rain and say ai-ai-ai — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /ai/ sound: "r-a-i-n".

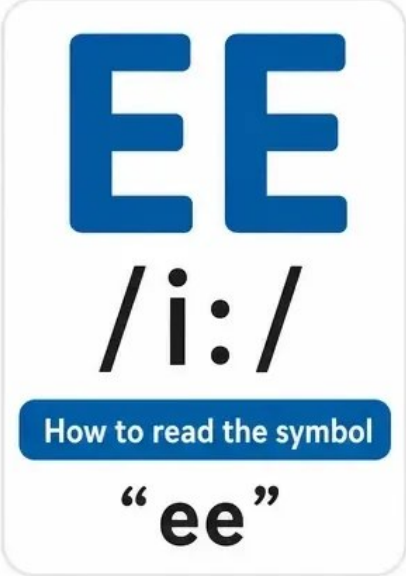
4. Spot it around the house.

"Can you find something that starts with /ai/?" Aim for 3 wins in a row before stopping.

"ee" — /ee/ — as in tree



Scan for audio

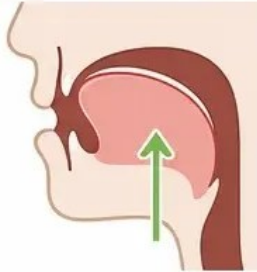


Lips



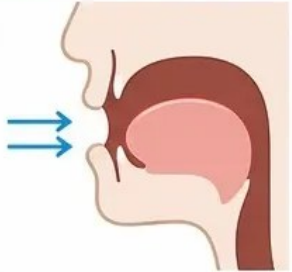
Spread lips slightly.

Tongue



Raise the tongue high and forward.

Airflow



Air flows out over the tongue.

Example words

tree, see, feet, seed, need, bee, free, three, green, sheep, sleep, sweet, queen, speed, wheel

How to teach the "ee" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /ee/.

2. Do the gesture.

Hands on cheeks surprised saying eeee — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /ee/ sound: "t-r-e-e".

4. Spot it around the house.

"Can you find something that starts with /ee/?" Aim for 3 wins in a row before stopping.

"oa" — /oa/ — as in boat



Scan for audio

OH
/əʊ/

How to read
the symbol

“oh”



Lips

Round and slightly protruded.



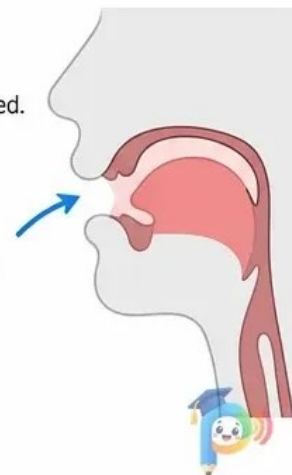
Tongue

Move tongue back and keep it relaxed.



Airflow

Air flows out smoothly.



Example words

boat, coat, road, soap, goal, foam, load, toad, roam, croak, groan, coach, roast, toast, moan

How to teach the "oa" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /oa/.

2. Do the gesture.

Bring hand over mouth as if yawning saying oh-oh-oh — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /oa/ sound: "b-o-a-t".

4. Spot it around the house.

"Can you find something that starts with /oa/?" Aim for 3 wins in a row before stopping.

"oo" — /oo/ — as in moon



Scan for audio

oo
— /u:/ —

How to read the symbol

“oo”



Lips

Round and protrude.



Tongue

Raise the back of the tongue.



Airflow

Air flows out smoothly.



Example words

moon, food, zoo, tool, cool, boot, room, roof, spoon, broom, groom, stool, scoop, bloom, hoof

How to teach the "oo" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /oo/.

2. Do the gesture.

Move head as if watching a cuckoo clock saying oo-oo-oo — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /oo/ sound: "m-o-o-n".

4. Spot it around the house.

"Can you find something that starts with /oo/?" Aim for 3 wins in a row before stopping.

"ar" — /ar/ — as in car



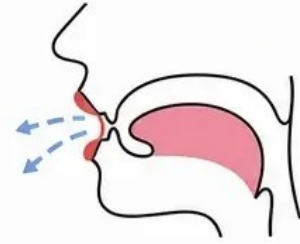
Scan for audio

AR

/ɑ:/

How to read the symbol

“ar”



Lips: open and relaxed



Tongue: low and back



Airflow: out



Example words

car, star, park, farm, arm, art, bar, jar, tar, cart, dart, chart, sharp, spark, yard

How to teach the "ar" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /ar/.

2. Do the gesture.

Open mouth wide like at the doctor saying ahhh — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /ar/ sound: "c-a-r".

4. Spot it around the house.

"Can you find something that starts with /ar/?" Aim for 3 wins in a row before stopping.

"or" — /or/ — as in fork



Scan for audio

OR
/ɔ:/

How to read the symbol
"or"



Lips

Round your lips
like an "O"



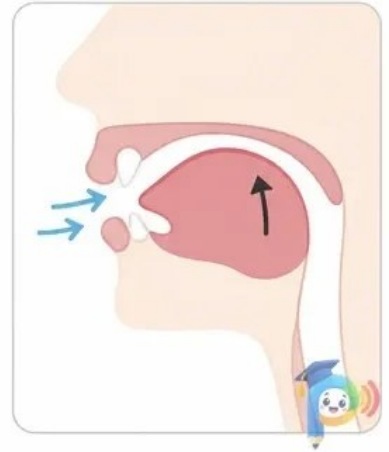
Tongue

Raise the back
of your tongue



Airflow

Air flows out
smoothly



Example words

fork, born, corn, torn, sort, for, or, storm, short, sport, north, force, horse, worn, torch

How to teach the "or" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /or/.

2. Do the gesture.

Pretend to row a boat saying or-or-or — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /or/ sound: "f-o-r-k".

4. Spot it around the house.

"Can you find something that starts with /or/?" Aim for 3 wins in a row before stopping.

"ur" — /ur/ — as in burn



Scan for audio

ER

/3:/

How to read the symbol
“er”



Lips

Relaxed
slightly open



Tongue

Raised in the
middle



Airflow

Flows out
through the mouth



Example words

burn, turn, curl, hurt, fur, hurl, blur, slur, spur, church, nurse, purse, purple, turkey, surf

How to teach the "ur" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /ur/.

2. Do the gesture.

Cup hands and turn them over saying ur-ur-ur — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /ur/ sound: "b-u-r-n".

4. Spot it around the house.

"Can you find something that starts with /ur/?" Aim for 3 wins in a row before stopping.

"ow" — /ow/ — as in cow



Scan for audio

OW

/aʊ/

How to read the symbol

“OW”



Lips

Round your lips and push them slightly forward.



Tongue

Keep your tongue low in your mouth.



Airflow

Breathe out smoothly.



Example words

cow, now, how, town, down, brown, crown, gown, owl, growl, prowl, howl, frown, clown, crowd

How to teach the "ow" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /ow/.

2. Do the gesture.

Pretend to prick finger saying ow-ow-ow — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /ow/ sound: "c-o-w".

4. Spot it around the house.

"Can you find something that starts with /ow/?" Aim for 3 wins in a row before stopping.

"oi" — /oi/ — as in coin



Scan for audio

OY

/ɔɪ/

How to read
the symbol

“oy”



Lips

Start rounded, move to a more spread position.



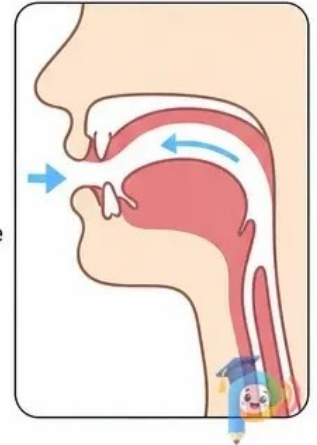
Tongue

Back of tongue raised, then moves slightly forward.



Airflow

Air flows out of the mouth.



Example words

coin, oil, join, boil, soil, point, joint, spoil, broil, moist, hoist, void, avoid, noise, choice

How to teach the "oi" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /oi/.

2. Do the gesture.

Cup hands around mouth saying oi! Oi! Oi! — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /oi/ sound: "c-o-i-n".

4. Spot it around the house.

"Can you find something that starts with /oi/?" Aim for 3 wins in a row before stopping.

"ear" — /ear/ — as in hear



Scan for audio

EAR

/ɪə/

How to read the symbol
"ear"



LIPS

Relaxed
Slightly open



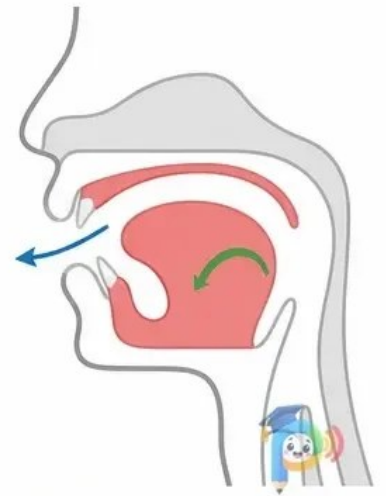
TONGUE

Starts high
toward the front,
then relaxes
to the middle



AIRFLOW

Air flows out
smoothly



Example words

hear, near, fear, dear, year, gear, clear, spear, beard, appear, smear, rear, shear, weary, earring

How to teach the "ear" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /ear/.

2. Do the gesture.

Cup hand to ear saying ear-ear-ear — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /ear/ sound: "h-e-a-r".

4. Spot it around the house.

"Can you find something that starts with /ear/?" Aim for 3 wins in a row before stopping.

"air" — /air/ — as in hair



Scan for audio

AIR

/eə/

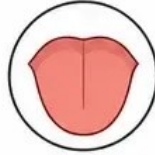
How to read the symbol

“air”



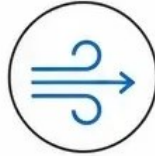
Lips

Relaxed and neutral.



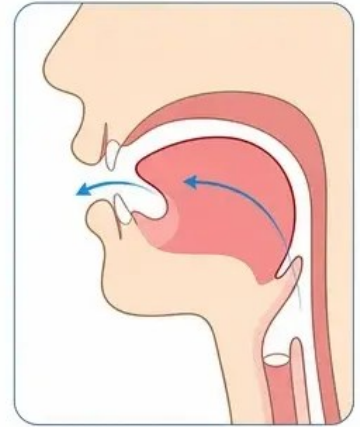
Tongue

Mid position.
Tip of tongue is low and away from the teeth.



Airflow

Air flows out smoothly and continuously.



Example words

hair, fair, pair, chair, stair, air, fairy, dairy, repair, despair, hairy, lair, flair, armchair, upstairs

How to teach the "air" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /air/.

2. Do the gesture.

Toss hair and say air-air-air — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /air/ sound: "h-a-i-r".

4. Spot it around the house.

"Can you find something that starts with /air/?" Aim for 3 wins in a row before stopping.

"ure" — /ʊə/ — as in pure



Scan for audio

URE

/ʊə/

How to read the symbol

"ure"



Lips

Slightly rounded and relaxed



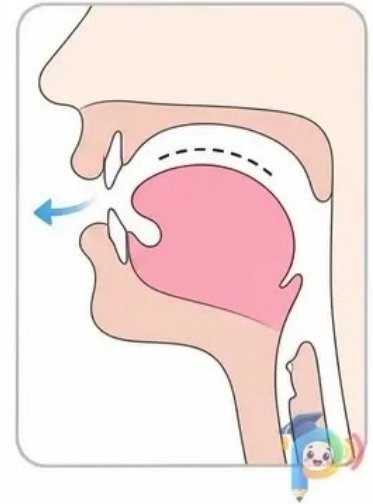
Tongue

Raised toward the back, then relaxes to a central position



Airflow

Flows out smoothly



Example words

pure, cure, sure, lure, secure, endure, obscure, manure, allure, demure, ensure, assure, impure, procure, brochure

How to teach the "ure" sound

1. Hear it first.

Say the sound three times slowly. Have your child watch your mouth while you copy it — no letter name yet, just the pure sound /ʊə/.

2. Do the gesture.

Point to things saying are you sure? — kids remember sounds 2x faster when there's a physical action attached.

3. Find it in words.

Read a few example words aloud slowly, stretching the /ʊə/ sound: "p-u-r-e".

4. Spot it around the house.

"Can you find something that starts with /ʊə/?" Aim for 3 wins in a row before stopping.