

New sound: h

33

Lesson 33 of 92 (ages 3-6) / 27 of 86 (age 7+) · Letter Sounds · Ages 3-7+ · about 10 min

GOAL

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

WHY IT MATTERS

Every letter sound is a building block. Once your child knows /h/, they can use it in every word it appears in: hat, hot, hit.

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 "r", "u", "e" on paper, point, and your child says each sound.

SAY

"What sound is this? And this one?"

2 min

Listen

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

SAY

"This is /h/. Watch my mouth: mouth open, breathe out."

2 min

Show how

Show the letter "h" and the action: Hold hand in front of mouth to feel the air and say h-h-h. Then tap the words on the lesson page.

SAY

"When I see h, I say /h/. hat: /h/ hat!"

2 min

Do it together

Sound hunt: find 3 things at home with /h/. Then do the trace-and-write part of the practice sheet. Read together: hat, hot, hit, hug, hen, hop.

2 min

Play

Play the games on the lesson page: hear /h/ and tap its letters.

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)**
phonicsacademy.com/plan/session/sound-h
- **Printable: 44 Letter Sound Flashcards (PDF)**
phonicsacademy.com/printables/abc-phonics-flashcards-43
- **Read: Letter Sounds vs Letter Names: Which Should You Teach First?**
phonicsacademy.com/blog/letter-sounds-vs-letter-names
- **The "h" sound — full page**
phonicsacademy.com/phonemes/h
- **Read: Phonemes List (Free PDF): 44 English Phonemes with Examples**
phonicsacademy.com/blog/43-english-phonemes-list
- **Game: Letter Trace**
phonicsacademy.com/play/letter-trace

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 /h/	h, r, u	h	☐
2	Say /r/	r, h, u	r	☐
3	Say /u/	u, h, r	u	☐

WATCH FOR common mix-ups and what to do

Says the sound too quickly to hear. -> /h/ can be stretched: hold it like a long note, hhhh, then let go.

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: hat, hot, hit, hug, hen, hop.

HOW DID IT GO?

MY CHILD CAN...

- ☐ Says /h/ when shown "h".
- ☐ Hears /h/ in a word you say (hat).
- ☐ Writes "h" starting in the right place.

Date: _____

Colour in the stars:



Notes: _____