

How to Use This Pack

One page per English phoneme: the mouth-shape guide (lips, tongue, airflow), 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

A

/æ/

How to read
the symbol

"a"

Lips



Slightly
spread

Tongue



Low and
forward

Airflow



Air flows
out

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".

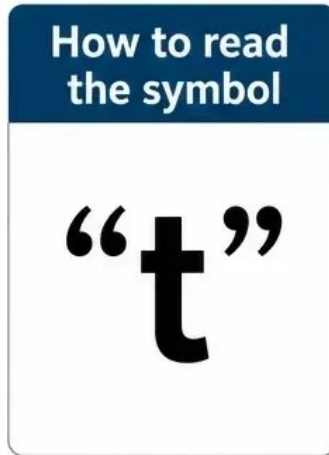
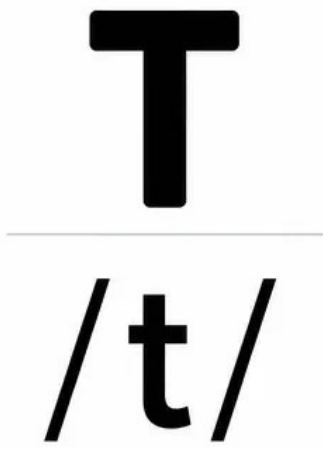
4. Spot it around the house.

"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



Lips

Lips relaxed and neutral.



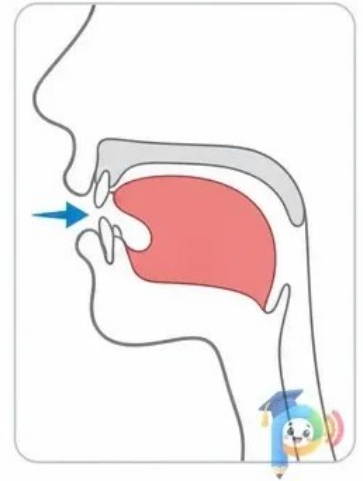
Tongue

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.

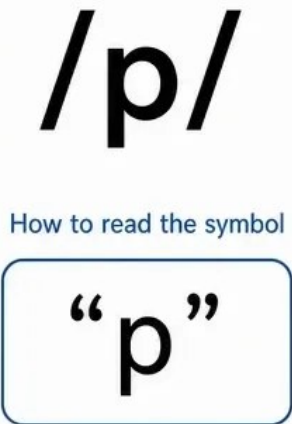
"Can you find something that starts with /t/?" Aim for 3 wins in a row before stopping.

"p" — /p/ — as in pan



Scan for audio







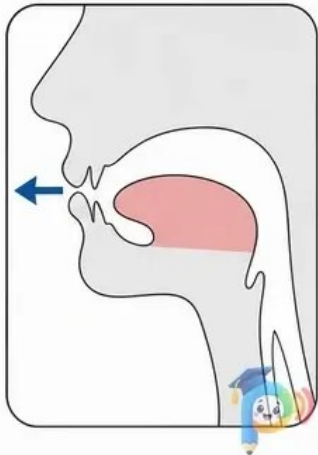
Lips
Press together firmly.



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

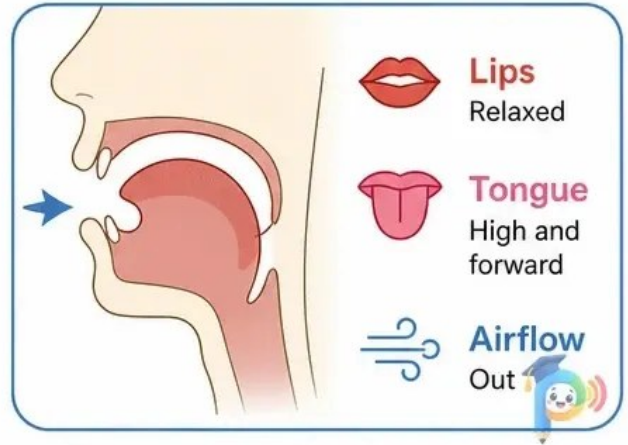


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I
/i/

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".

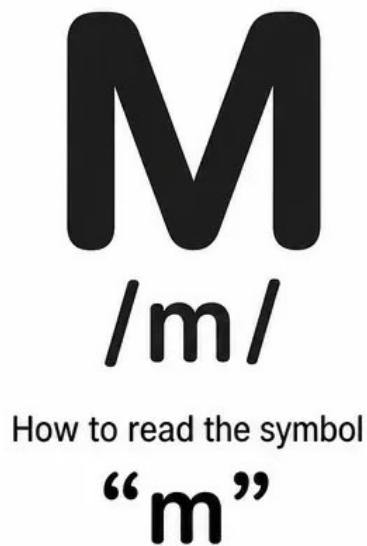
4. Spot it around the house.

"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.



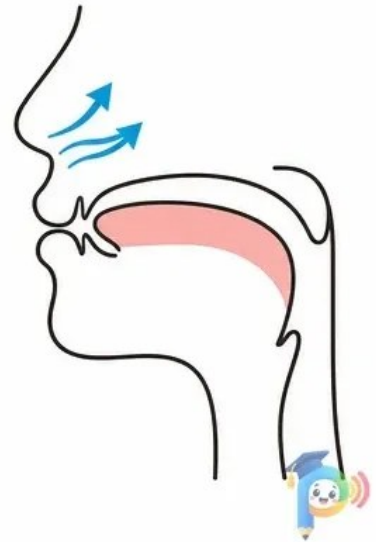
Tongue

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



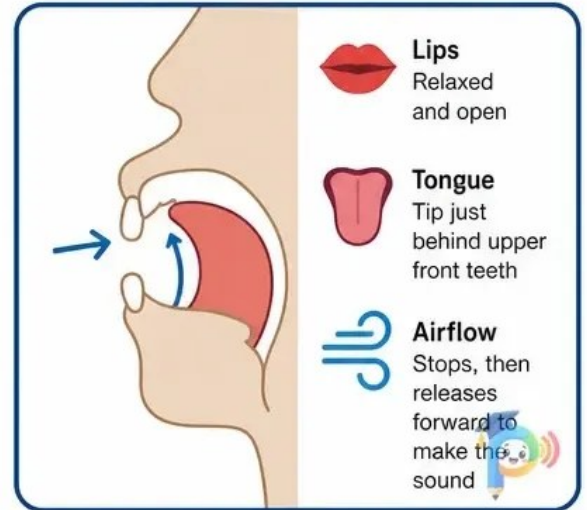
Scan for audio

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".

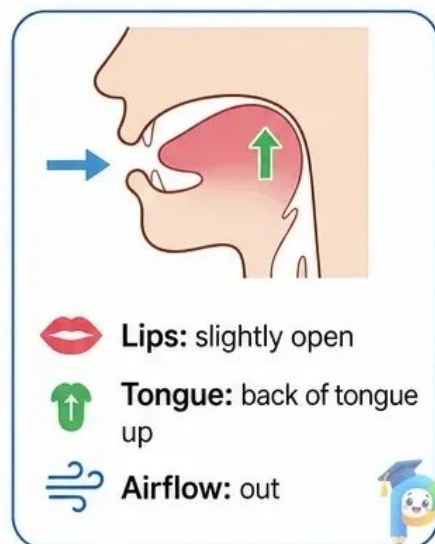
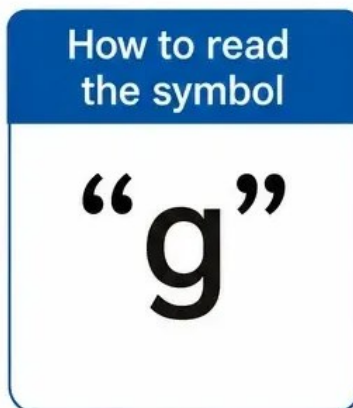
4. Spot it around the house.

"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".

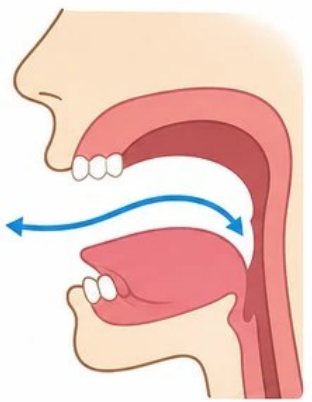
4. Spot it around the house.

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

"o" — /o/ — as in octopus



Scan for audio

 /ɑ/ How to read the symbol o as in hot	Lips  Open wide, relaxed — not rounded.	Tongue  Low and back, jaw dropped.	Airflow  Voice on, air flows out freely.
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Example words

hot, pot, top, mop, box, fox, job, sock, rock, dot, cot, lot, not, pop, rod

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.

Wave your arms like an octopus and say 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: "h-o-t".

4. Spot it around the house.

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

"c" — /k/ — as in cat



Scan for audio

C /k/ How to read the symbol c as in cat	Lips Relaxed and open.	Tongue Back of the tongue up against the soft palate.	Airflow Air stops, then pops out — no voice.
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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 /k/.

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 /k/ sound: "c-a-t".

4. Spot it around the house.

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

"k" — /k/ — as in kit



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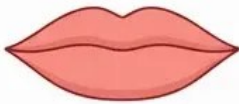
K

/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 /ɛ/ How to read the symbol e as in egg	Lips Relaxed, a little spread.	Tongue Middle height, toward the front.	Airflow Voice on, short sound.
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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



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U

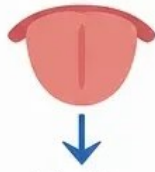
Lips



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".

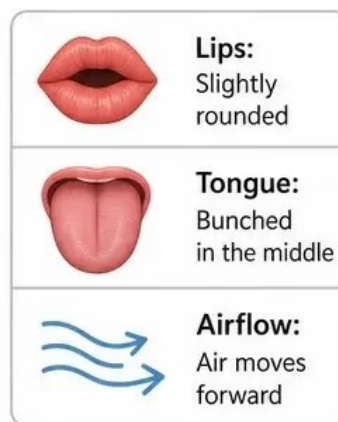
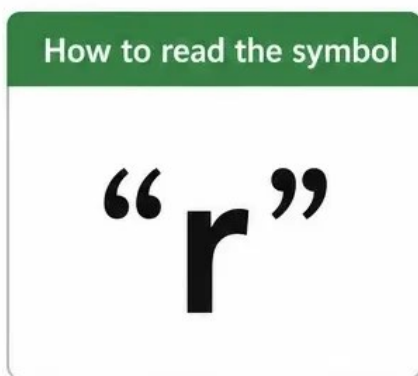
4. Spot it around the house.

"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.

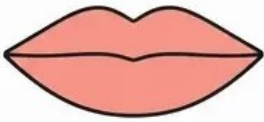
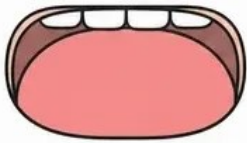
"b" — /b/ — as in bat



Scan for audio

B /b/

How to read the symbol "b"

Lips	Tongue	Airflow
		
Press your lips together.	Keep your tongue behind your lips.	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".

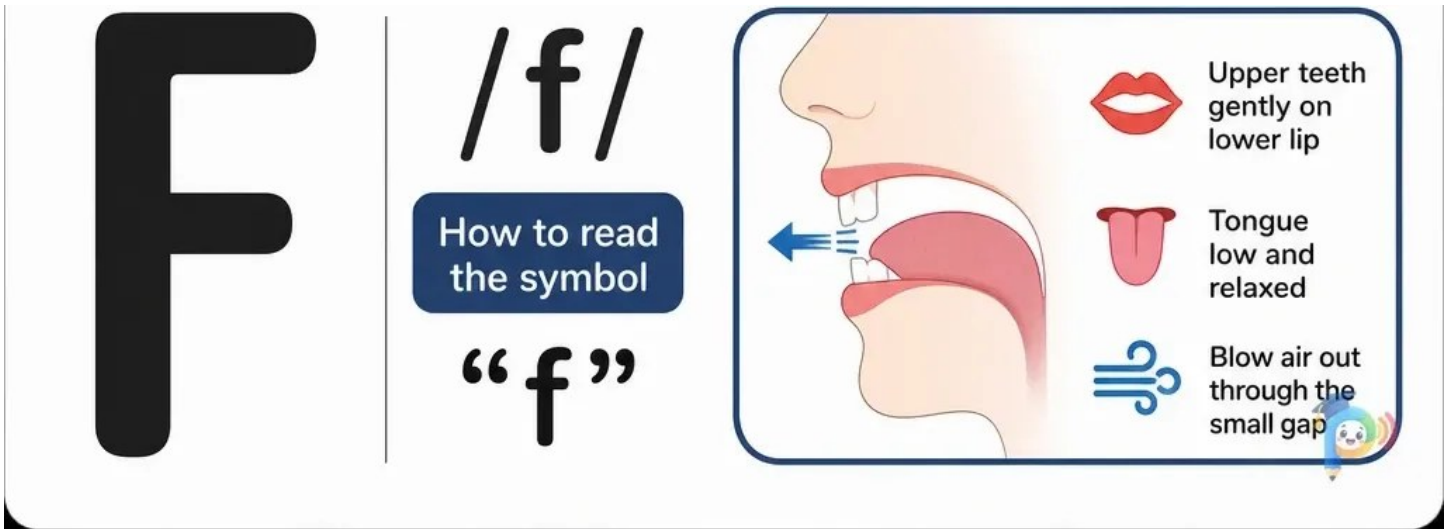
4. Spot it around the house.

"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".

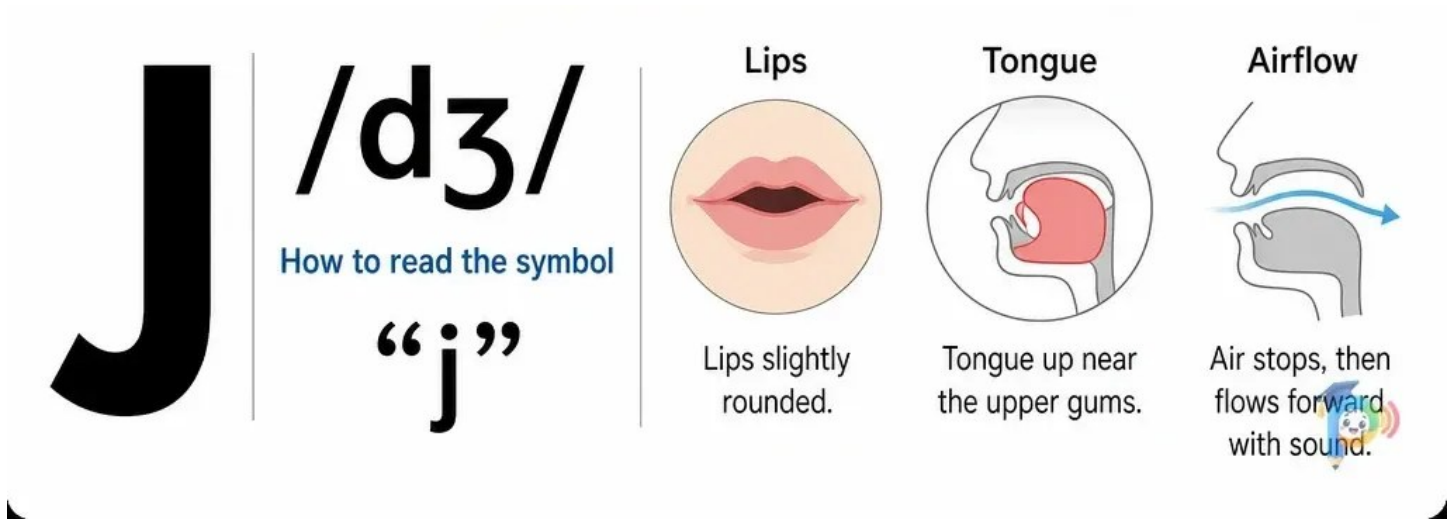
4. Spot it around the house.

"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, vent, 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

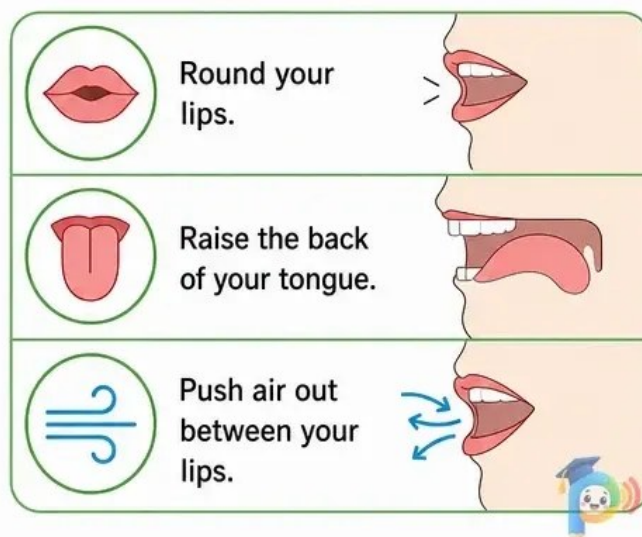


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W
/w/

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 w-w-w — 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" — /ks/ — as in fox



Scan for audio

X
/ks/

How to read
the symbol

“X”



Lips

Slightly open.



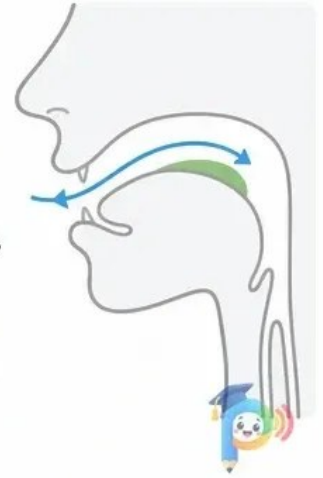
Tongue

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, text, next, 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 /ks/.

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 /ks/ sound: "f-o-x".

4. Spot it around the house.

"Can you find something with the /ks/ sound in it?" 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.



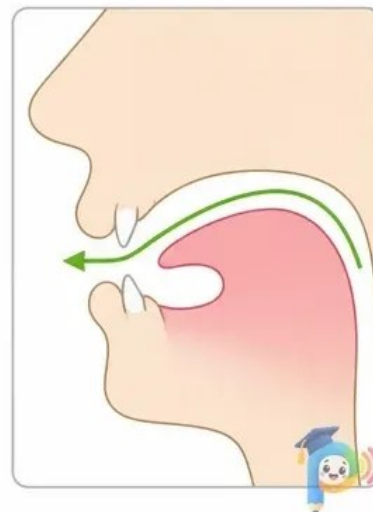
Tongue

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, yum, yap, 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".

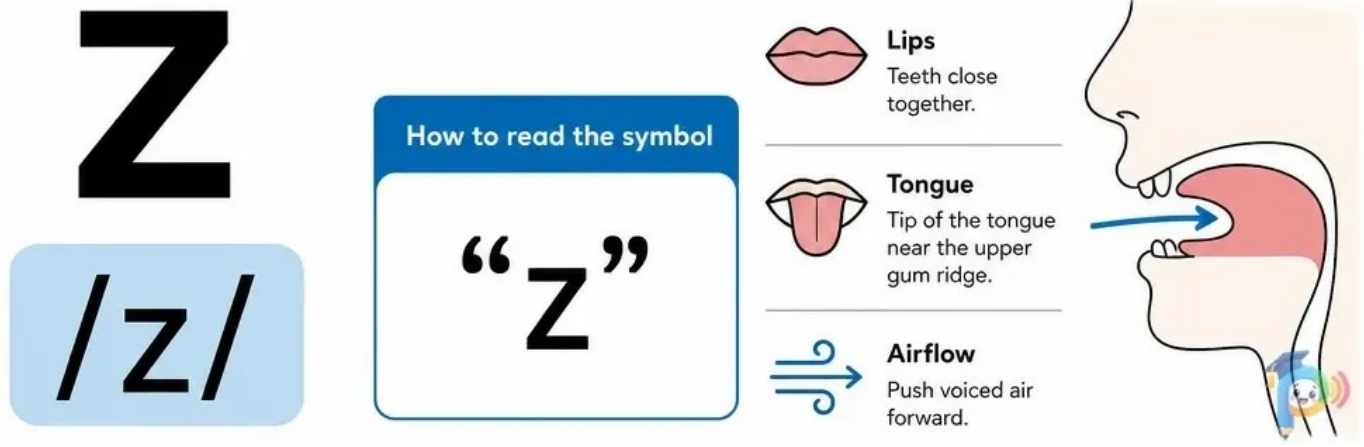
4. Spot it around the house.

"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" — /kw/ — as in queen



Scan for audio

QU

/kw/

How to read the symbol

"qu"



Lips

Round your lips into a small opening.



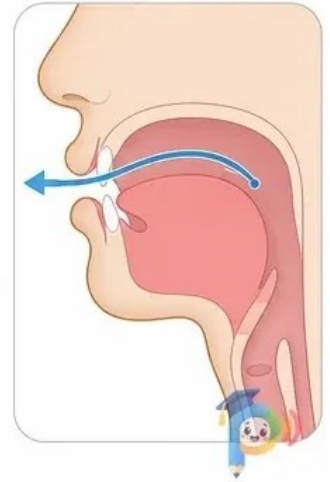
Tongue

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 /kw/.

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 /kw/ sound: "qu-ee-n".

4. Spot it around the house.

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

"ch" — /ch/ — as in chin



Scan for audio

CH

/tʃ/

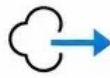
How to read the symbol
"ch"



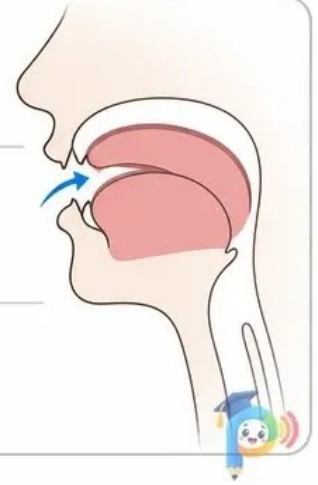
Lips are slightly rounded.



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: "ch-i-n".

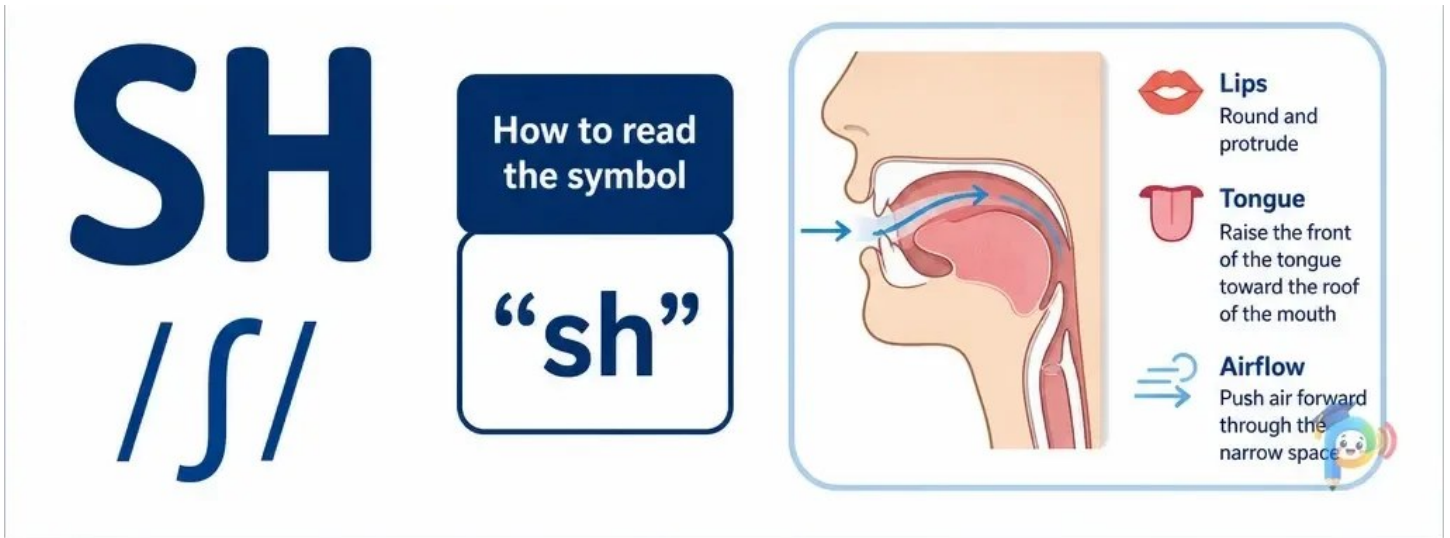
4. Spot it around the house.

"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: "sh-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/ (unvoiced) — as in thin

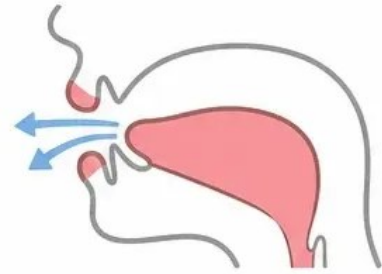


Scan for audio

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, bath, path, math, moth, cloth, thumb, thick, think, throb, myth, north, three

How to teach the "th" sound (unvoiced)

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: "th-i-n".

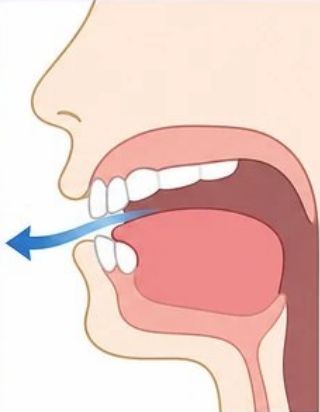
4. Spot it around the house.

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

"th" — /th/ (voiced) — as in feather



Scan for audio

TH /ð/ How to read the symbol th as in this	Lips  Relaxed and open.	Tongue  Tip lightly between the teeth.	Airflow  Voice on — feel the buzz.
---	--	--	---

Example words

this, that, then, them, than, the, those, these, thus, mother, father, brother, feather, leather, smooth

How to teach the "th" sound (voiced)

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.

Put a finger on your throat, stick your tongue out a little and say th-th-th — feel the buzz — 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: "th-i-s".

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.



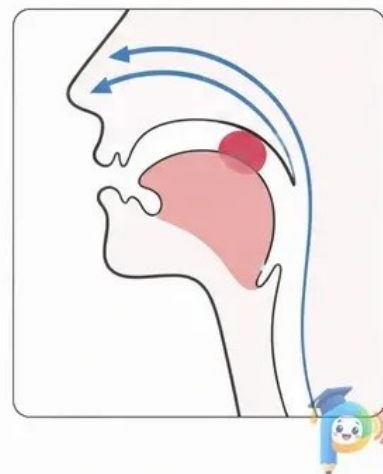
Tongue

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-ng".

4. Spot it around the house.

"Can you find something with the /ŋ/ sound in it?" 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 as in sink

Lips



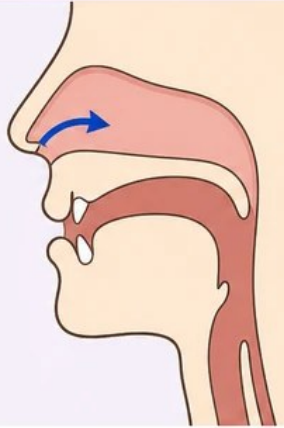
Relaxed and open.

Tongue



Back of the tongue up against the soft palate.

Airflow



Hum through the nose, then a quick k.



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-nk".

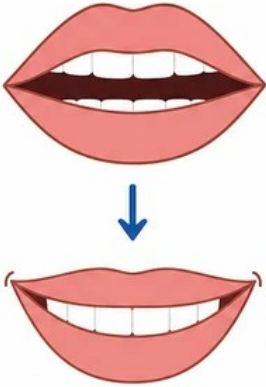
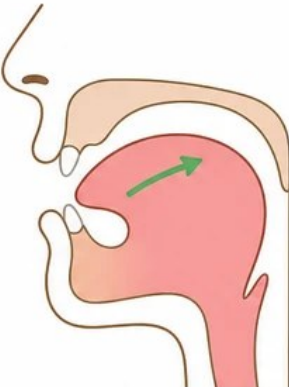
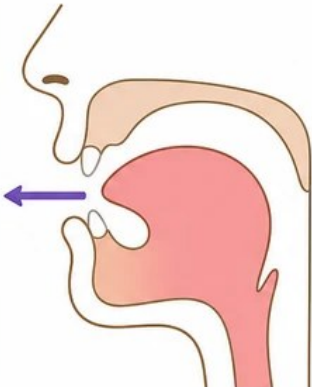
4. Spot it around the house.

"Can you find something with the /nk/ sound in it?" Aim for 3 wins in a row before stopping.

"ai" — /ai/ — as in rain



Scan for audio

AI /eɪ/ How to read the symbol ai as in rain	Lips  Spread, then into a smile.	Tongue  Middle front, gliding up.	Airflow  Voice on, one smooth glide.
---	--	--	--

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-ai-n".

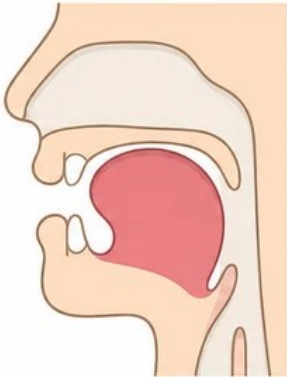
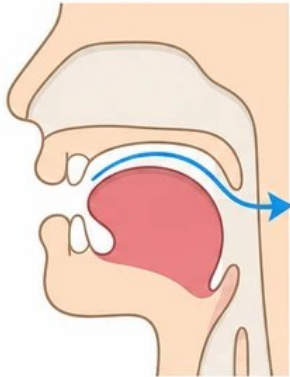
4. Spot it around the house.

"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

EE /i/ How to read the symbol ee as in tree	Lips  Spread in a smile.	Tongue  High and forward.	Airflow  Voice on, air flows 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-ee".

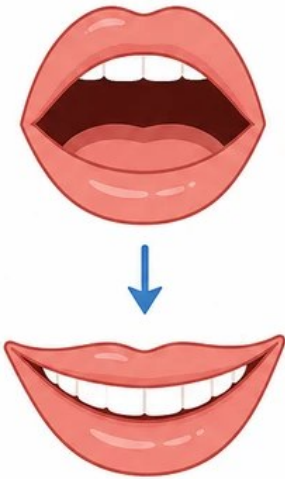
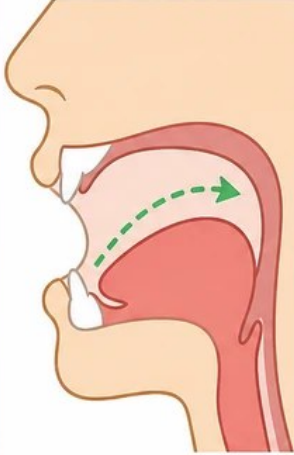
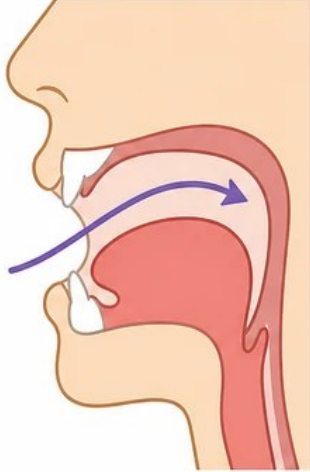
4. Spot it around the house.

"Can you find something with the /ee/ sound in it?" Aim for 3 wins in a row before stopping.

"igh" — /igh/ — as in light



Scan for audio

IGH /aɪ/ How to read the symbol igh as in night	Lips  Open, then into a smile.	Tongue  Low, gliding up and forward.	Airflow  Voice on, one smooth glide.
--	--	---	--

Example words

night, light, right, high, sigh, might, fight, sight, tight, bright, flight, fright, thigh, slight, knight

How to teach the "igh" 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 /igh/.

2. Do the gesture.

Stretch your arms up high and say igh-igh-igh — 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 /igh/ sound: "n-igh-t".

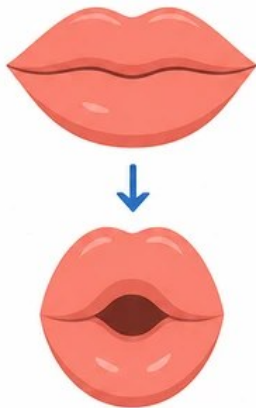
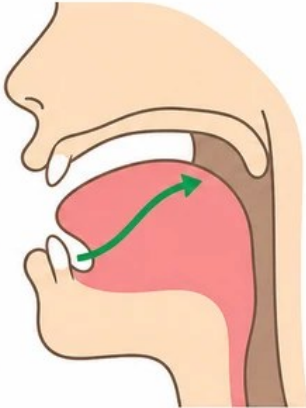
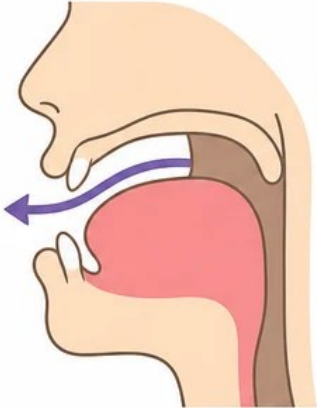
4. Spot it around the house.

"Can you find something with the /igh/ sound in it?" Aim for 3 wins in a row before stopping.

"oa" — /oa/ — as in boat



Scan for audio

OA /oʊ/ How to read the symbol oa as in boat	Lips  Rounded, then rounder.	Tongue  Mid and back, gliding up.	Airflow  Voice on, one smooth glide.
---	---	---	---

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-oa-t".

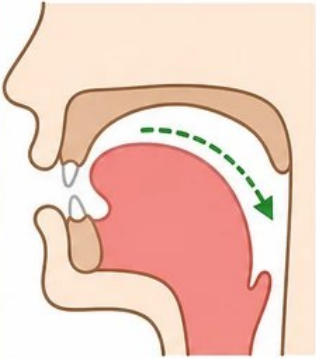
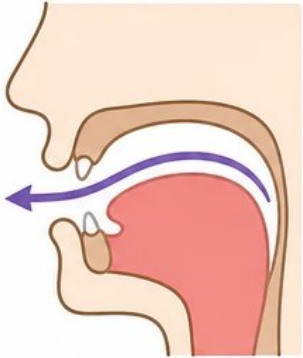
4. Spot it around the house.

"Can you find something with the /oa/ sound in it?" Aim for 3 wins in a row before stopping.

"u_e" — /u_e/ — as in cube



Scan for audio

U_E /ju/ How to read the symbol u_e as in cube	Lips  Rounding as the sound goes.	Tongue  Starts high like y, then moves back.	Airflow  Voice on, one smooth glide.
---	--	--	---

Example words

cute, cube, mule, use, fuse, huge, mute, fume, muse, amuse, excuse, refuse, confuse, perfume, cubes

How to teach the "u_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 /u_e/.

2. Do the gesture.

Point to a friend and say yoo — like the word 'you' — 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_e/ sound: "c-u-t-e".

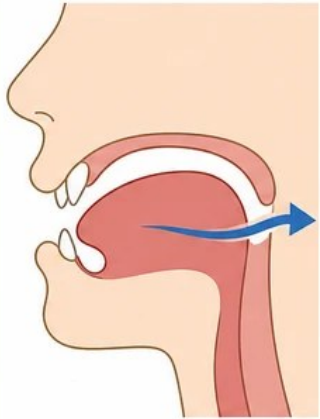
4. Spot it around the house.

"Can you find something with the /u_e/ sound in it?" Aim for 3 wins in a row before stopping.

"oo" — /oo/ (long) — as in moon



Scan for audio

oo /u/ How to read the symbol oo as in moon	Lips  Small and round.	Tongue  High and back.	Airflow  Voice on, air flows out steadily.
--	---	--	---

Example words

moon, food, zoo, tool, cool, boot, pool, soon, spoon, noon, groom, stool, scoop, bloom, hoop

How to teach the "oo" sound (long)

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-oo-n".

4. Spot it around the house.

"Can you find something with the /oo/ sound in it?" Aim for 3 wins in a row before stopping.

"oo" — /oo/ (short) — as in book



Scan for audio

How to read the symbol oo as in book	Lips Loosely rounded.	Tongue Fairly high and back, relaxed.	Airflow Voice on, short sound.
---	---	---	--

Example words

book, look, cook, good, wood, foot, hook, took, hood, wool, stood, shook, brook, crook, nook

How to teach the "oo" sound (short)

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.

Open a book and say oo-oo-oo (short) — 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: "b-oo-k".

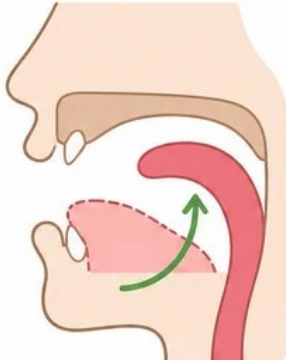
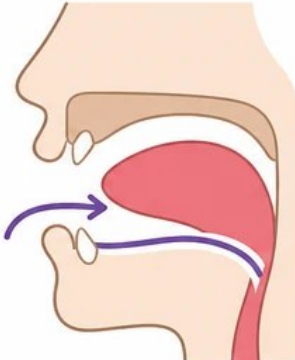
4. Spot it around the house.

"Can you find something with the /oo/ sound in it?" Aim for 3 wins in a row before stopping.

"ar" — /ar/ — as in car



Scan for audio

AR /ar/ How to read the symbol ar as in car	Lips  Open and relaxed.	Tongue  Starts low, then curls back for r.	Airflow  Voice on the whole time.
--	---	---	---

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 ahhr — 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-ar".

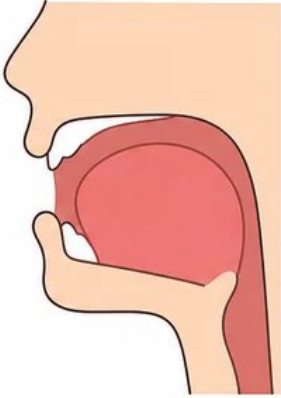
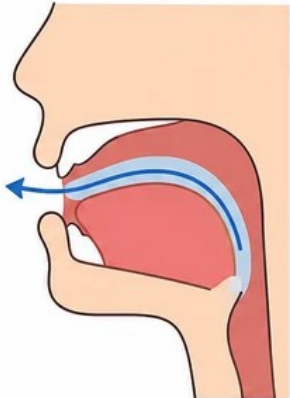
4. Spot it around the house.

"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 /ɔr/ How to read the symbol or as in fork	Lips  Rounded.	Tongue  Back, then bunches back for r.	Airflow  Voice on the whole time.
---	--	---	---

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-or-k".

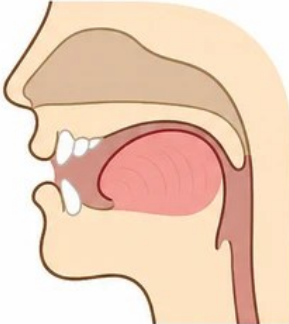
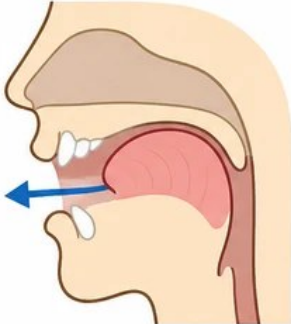
4. Spot it around the house.

"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

UR /3/ How to read the symbol ur as in burn	Lips  Slightly rounded.	Tongue  Bunched back the whole time.	Airflow  One long voiced r sound.
--	---	---	---

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-ur-n".

4. Spot it around the house.

"Can you find something with the /ur/ sound in it?" Aim for 3 wins in a row before stopping.

"ow" — /ow/ — as in cow



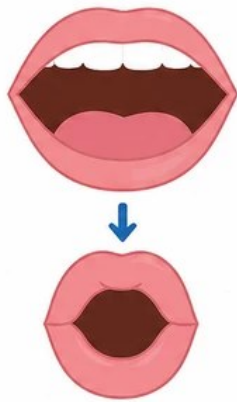
Scan for audio

OW
/aʊ/

How to read the symbol

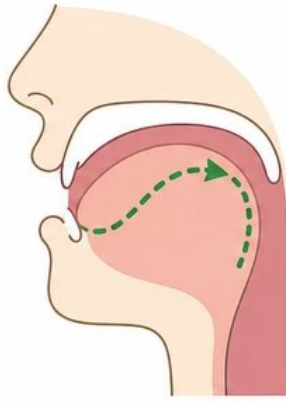
ow as in cow

Lips



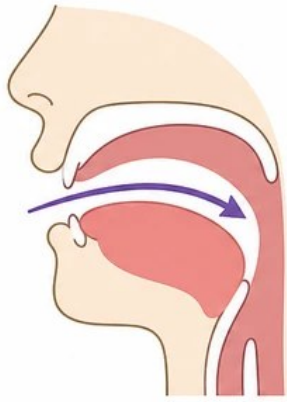
Open wide,
then rounded.

Tongue



Low, gliding up
and back.

Airflow



Voice on,
one smooth glide.

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-ow".

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

OI /ɔɪ/ How to read the symbol oi as in coin	Lips Rounded, then into a smile.	Tongue Low and back, gliding up and forward.	Airflow Voice on, one smooth glide
---	--	---	--

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-oi-n".

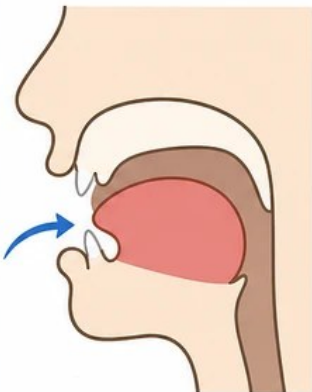
4. Spot it around the house.

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

"aw" — /aw/ — as in paw



Scan for audio

AW /ɔ/ How to read the symbol aw as in saw	Lips  Slightly rounded and open.	Tongue  Low and back.	Airflow  Voice on, air flows out freely.
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Example words

saw, paw, law, raw, jaw, claw, draw, straw, yawn, lawn, hawk, crawl, dawn, shawl, fawn

How to teach the "aw" 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 /aw/.

2. Do the gesture.

Pretend to yawn and say aw-aw-aw — 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 /aw/ sound: "s-aw".

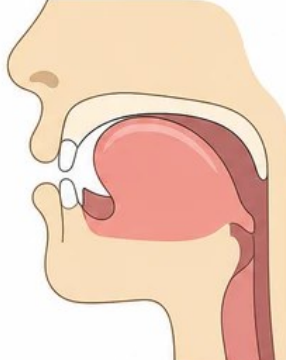
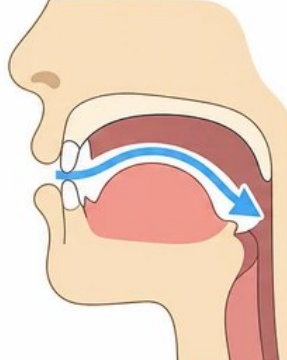
4. Spot it around the house.

"Can you find something with the /aw/ sound in it?" Aim for 3 wins in a row before stopping.

"ear" — /ear/ — as in hear



Scan for audio

EAR /ɪr/ How to read the symbol ear as in hear	Lips  Slightly spread.	Tongue  High in front, then curls back for r.	Airflow  Voice on the whole time.
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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-ear".

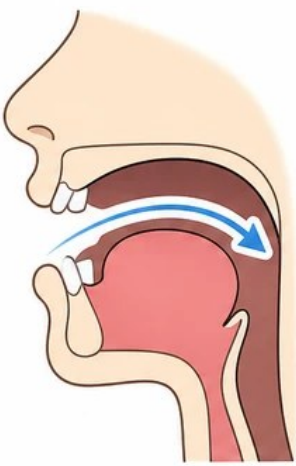
4. Spot it around the house.

"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 /ɛr/ How to read the symbol air as in hair	Lips  Relaxed, a little open.	Tongue  Middle front, then curls back for r.	Airflow  Voice on the whole time.
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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-air".

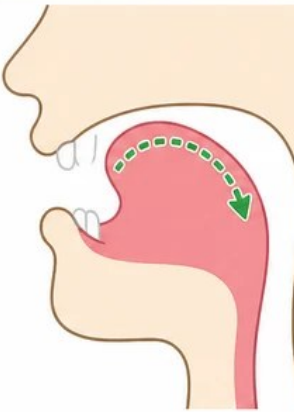
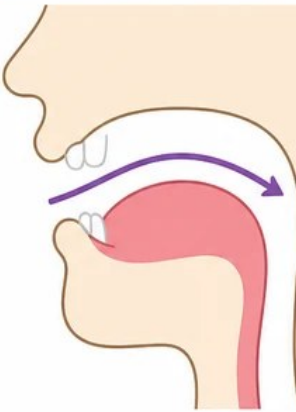
4. Spot it around the house.

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

"ure" — /jʊr/ — as in pure



Scan for audio

URE /jʊr/ How to read the symbol ure as in pure	Lips  Rounded.	Tongue  Starts high like y, then curls back for r.	Airflow  Voice on the whole time.
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Example words

pure, cure, secure, impure, manicure, curious, furious, fury, mural, cures

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 /jʊr/.

2. Do the gesture.

Give a thumbs up for something pure and clean, saying ure-ure-ure — 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 /jʊr/ sound: "p-ure".

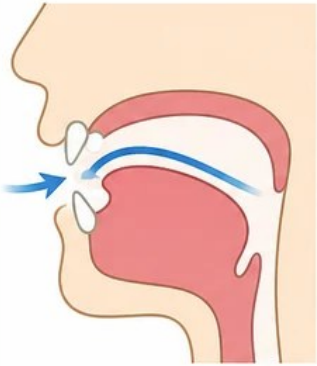
4. Spot it around the house.

"Can you find something with the /jʊr/ sound in it?" Aim for 3 wins in a row before stopping.

"zh" — /zh/ — as in treasure



Scan for audio

ZH /3/ How to read the symbol s as in treasure	Lips  Pushed forward, a little rounded.	Tongue  Raised just behind the gum ridge.	Airflow  Voice on, buzzing air through a narrow gap.
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Example words

treasure, measure, pleasure, vision, television, usual, casual, decision, explosion, leisure, garage, beige, massage, collage, camouflage

How to teach the "zh" 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 /zh/.

2. Do the gesture.

Hold a treasure chest and say zh-zh-zh — 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 /zh/ sound: "t-r-ea-s-ure".

4. Spot it around the house.

"Can you find something with the /zh/ sound in it?" Aim for 3 wins in a row before stopping.