

	Sound	Examples	Voiced?	Physical Cues
Consonant Sounds (in pairs of voiced/unvoiced)	B /b/	beer, dubbing, job	✓	Press lips together and use vocal cords (like /p/ with vibration).
	P /p/	pen, purple, hope		Press lips together.
	D /d/	dog, garden, read	✓	Tongue makes contact <i>above</i> the teeth (not behind the teeth like in Spanish). Similar to the <i>r</i> between vowels in Spanish, such as <i>Teresa</i> and <i>Ollauri</i> . Always voiced.
	T /t/	team, meeting, foot		Tongue makes contact <i>above</i> the teeth (not behind the teeth like in Spanish). Very percussive, like a cymbal on a jazz drum.
	V /v/	visit, several, leave	✓	Press teeth against bottom lip while letting air flow through (like the /f/ with vibration).
	F /f/	food, safe, leaf		Press teeth against bottom lip while letting air flow through.
	G /g/	go, google, pig	✓	Sound is produced at the top of the throat (not deep in the throat, as in Spanish). Similar to the /k/ but without vibration.
	K /k/	kiss, ankle, back		Sound is produced at the top of the throat. Same as in Spanish.
	Z /z/	zoo, cousin, tables	✓	Mouth is neutral, air flows through the teeth. Similar to the /s/ but with vibration.
	S /s/	see, recent, talks		Mouth is neutral, air flows through the teeth, same as the /s/ in Spanish.
	G, S /ʒ/	usual, massage	✓	LOLLIPOP SOUND (teeth together, possible to see the inside of the upper and lower lips and teeth). Tongue is relaxed. Continuous flow of air through the teeth.
	SH /ʃ/	show, nation, wash		LOLLIPOP SOUND . Tongue is relaxed. Continuous flow of air through the teeth.
	TH /ð/	this, father, soothe	✓	Press tongue between teeth (like Zaragoza in Spanish), but add vibration.
	TH /θ/	think, pathway, teeth		Press tongue between teeth (like Zaragoza in Spanish).
J /dʒ/	jump, bridges, change	✓	LOLLIPOP SOUND . Make pulses of air while making contact with your tongue above your teeth. Always has vibration	
CH /tʃ/	choose, crunchy, watch		LOLLIPOP SOUND . Make pulses of air while making contact with your tongue above your teeth.	

Difficult sounds

SESSION 2

	Sound	Examples	Voiced?	Physical Cues
Consonants (without pairs)	L /l/	leg, pollen, pool	✓	Same as /L/ in Spanish.
	H /h/	home, behind		Take a deep breath like in yoga class. It is not productive in the throat at all.
	M /m/	man, humble, plum	✓	Nasal sound. Produced the same as the /M/ in Spanish.
	N /n/	need, under, open	✓	Nasal sound. Produced the same as the /N/ in Spanish.
	R /r/	road, around, car	✓	Start with “monkey mouth” (Jaw forward, lollipop shape) and put your tongue up and back. Make sure to get in this position before the consonant that precedes the “r”, as in “drive.”
	W /w/	watch, away, how	✓	Similar to a Spanish “u” but opens to the next vowel sound.
	Y /j/	yes, onion, bay	✓	Similar to a Spanish “l” but longer and connects to the next sound. Very wide.
	NG /ŋ/	bring, singing	✓	Nasal sound, usually at the end of a word.

Difficult sounds

SESSION 2

	Sound	Examples	Voiced?	Physical Cues
Vowel Sounds	e ^y /eɪ/	cake, pay	✓	Start very open and wide (like a Spanish “e”) and then move to a wide closed mouth. Not static!
	i ^y /i:/	i ^y /i:/ tea, feet, key	✓	Start with a Spanish “i” and lengthen, making a wide closed mouth. Not static!
	a ^y /aɪ/	a ^y /aɪ/ price, pie, night	✓	Start with a Spanish “a” and lengthen, making a wide closed mouth. Not static!
	o ^w /əʊ/ /oʊ/	o ^w /əʊ/ /oʊ/ cone, road, know	✓	Start with a Spanish “o” and close to a “u”. Not static!
	u ^w /u:/	u ^w /u:/ blue, school, few	✓	Start with an closed circular mouth (similar to a Spanish “u”) and then close it even more. Not static!
	ɔ ^y /ɔɪ/	ɔ ^y /ɔɪ/ boy, coin, join	✓	Start with a Spanish “o” and then move to a wide closed mouth. Not static!
	a ^w /aʊ/	a ^w /aʊ/ house, our, cow	✓	Start with a Spanish “a” and then move to a closed “u.” Not static!
	ɛ /e/	ɛ /e/ ten, well, red	✓	Very relaxed and lazy sound with the mouth wide, jaw low, the sound directed to the floor. Like “Kelly” or Rihanna’s Umbrella, ella eh eh.
	ɪ /ɪ/	ɪ /ɪ/ is, fish, will	✓	Neutral mouth with teeth closed, but direct sound to a very limited circle (like spitting). Very short!
	ʌ /ʌ/	ʌ /ʌ/ cut, us, love	✓	Mouth slightly open (more than the schwa). Very short!
	ɑ /ɑ/	ɑ /ɑ/ top, rock, stop	✓	Mouth open long in an oval shape with jaw very low. Very short!
	ɔ /ɔ/	ɔ /ɔ/ saw, talk, applause	✓	Mouth open long in an oval shape with jaw very low. Longer sound.
	æ /æ/	æ /æ/ bad, fact	✓	Mouth open extremely WIDE and with jaw low. Project sound to the upper corners of the room.
	ʊ /ʊ/	ʊ /ʊ/ put, book, woman	✓	LOLLIPOP SOUND with a very short burst of sound. Tongue neutral.
	ɜ /ɜ:/	her, early, bird, word,	✓	LOLLIPOP SOUND but with the tongue up and back (like in an /R/). Longer sound.
	ə /ə/ schwa	ə /ə/ alone, pencil, ketchup	✓	Completely lazy sound with no physical intervention. Mouth neutral, teeth together, short burst of sound. Most common vowel sound in English.