

Easy /R/ Exercises

Materials:

Straws (different widths/lengths)
Raisins, M&M's, Cereal, Buttons, Cotton balls
Napkin, a piece of paper, or paper plates

Activities (do each 5x building up to 10x):

1. Use a straw to suck up an object like a vacuum from the napkin/paper/paper plate and hold for 3-5 seconds at a height of 3-4 inches above the table. Eyes open.
2. Same as activity one but eyes closed immediately after starting to suck up the object. Feel where the tongue is in the mouth. The tongue should be flat against the roof of the mouth, in the back with each side touching the insides of the back molars. This is where the tongue is when we produce /r/.
3. Draw a line down the paper or use the fold in the napkin and try to move the object(s) from one side to the other by sucking it up through the straw. Do this slowly then fast like a race. Other kids could do the same to get the whole family involved.

After this practice words with /r/ or read out loud to a grown up from a book or magazine and practice your /r/ sounds with your tongue in the same position as it was when you were sucking up the object with the straw.

Hint: Wendy's, Subway, and Sam's Club have wide straws, McDonalds has medium straws and the ones that you can buy 100 for a \$1 at the store are skinner. Coffee stirrers are the skinniest. Straws shouldn't be "bendy" 😊