

## Z

1. Exercises 10x each in the morning and then in the evening with a mirror
  - \* lips pursed then spread (oooo, eeeee)
  - \* blowing bubbles
  - \* putting a straw along one side of the mouth, biting down and making the /z/ sound
2. Sounds: morning and evening, with a mirror, teeth together, smiling position/lips spread, sides of tongue should be touching the back molars on either side with the tip of the tongue pointed down with the voice “on” so the throat vibrates when producing the /z/ sound.

3. Syllables: say each set 1 x in the morning and evening with a mirror

za	aza	ahz
zee	eezee	eez
zay	ayzay	ayz
zo	ozo	oz
zoo	oozoo	ooz

4. Words:

zip	cozy	boys
zoo	drizzle	as
zipped	easy	is
zoom	closet	eyes
Zack	cousin	days
zap	busy	hose
zone	dessert	cues
zero	daisy	has
zigzag	frozen	lies

5. Oral-read a paragraph letting your eyes skim for words that start with /z/ sound, then read that paragraph aloud stopping to concentrate where the teeth and lips are located for this sound (lips spread and teeth together) and that the throat is vibrating.