

SH

1. Exercises 10x each in the morning and then in the evening with a mirror
 - * pursed lips then spread lips
 - * ooo, eee
 - * “shhh” sound with index finger up as if telling a person to be quiet
2. Sounds: morning and evening, with a mirror, lips pursed, air flowing through the center of the mouth.

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

sha	asha	ash
she	eshe	esh
shay	ayshay	aysh
show	oshow	osh
shoe	ooshoo	oosh

4. Words:

she	action	fish
shake	fishes	dish
shark	dishes	fresh
shade	fashion	wish
should	fiction	wash
shoe	ocean	Irish
shine	usher	catfish
shop	horseshoe	splash
shampoo	caution	toothbrush
short	nation	mustache

5. Oral-read a paragraph letting your eyes skim for words that start with the /sh/ sound, then read that paragraph aloud stopping to concentrate where your lips are when producing this sound (pursed).