**Tongue Exercises for Better Articulation**

This story is suggested as a means of making the drill-like procedure of speech exercises more interesting to the younger child. It should not be read orally verbatim, but delivered informally after the storyteller is familiar with the correct movements of the speech mechanism and the general idea of the story. With a little imagination, the storyteller can add to or take from this story to make the exercises appropriate to the individual child.

BOYS AND GIRLS, I WOULD LIKE YOU TO MEET MRS. TONGUE (point to tongue). THIS IS HER HOUSE (point inside mouth). SHE’S FOREVER CLEANING AND FIXING THINGS. SHE’S A VERY TIDY LITTLE LADY. THESE ARE SOME OF THE THINGS THAT SHE DOES EVERYDAY.

SHE MOPS THE FLOORS (run tongue all around inside of cheek walls and upper and lower lips).

SHE DUSTS THE FURNITURE (move tongue rapidly back and forth across upper teeth from side to side).

SHE SHAKES THE RUG OUT THE WINDOW (stick tongue out and move it rapidly up and down).


SOMETIMES SHE STOPS FOR A CUP OF TEA. HEAR THE TEAKETTLE? (/s/ sound: teeth together, tongue inside, blow air) THEN BACK TO WORK.

SHE HAMMERS ON THE CEILING TO FIX THE LEAK IN THE ROOM “TA-TA-TA” (/t/ sound: press tip of tongue against the hard ridge behind the upper teeth and blow tongue down quickly so that it explodes away from the teeth ridge).

SHE HAMMERS IN THE BASEMENT ON A BROKEN PIPE “KA-KA-KA” (/k/ sound: raise the back of the tongue against the soft palate. Keep the tip of your tongue behind your lower front teeth and blow down your tongue suddenly with your breath.

ONE DAY WHILE MRS. TONGUE WAS BUSY CLEANING AND FIXING, THE BABY WOKE UP AND CREID AND CRIED “WAH-WAH-WAH” (purse lips tightly, then open mouth wide and stretch lips as far as possible). SHE WALKED DOWN THE HALL “taka- taka- kata-kata”

MRS. TONGUE ASKED BABY TO “SH” AND IF HE WOULDN’T PLEASE GO TO SLEEP, THE REPLY WAS AN ANGRY “NO, NO, NO”- (Push tongue against teeth ridge with force).

MRS. TONGUE THEN, AS A LAST RESORT, SANG BABY BACK TO SLEEP WITH THE SWEETEST LULLABY BEFORE SHE COULD GET BACK TO HER CLEANING AND FIXING “LA,LA, LA ETC.” (tune of London Bridge)

Shared by: Kay hammer, Dwight, IL
NOW MRS. TONGUE CAN GET READY TO GO TO __________________________

SHE TAKES A SHOWER “sh” Lips are usually rounded for SH and you blow air. It is a “fat” sound, not a “skinny” sound like S.

SHE BLOWS HER HAIR DRY “th” (voiced “th” as in “the”. Tongue sticks out slightly between teeth. Use your voice!)

SHE CURLS HER HAIR “rrr” “rrr” (pretend to curl hair with your finger like a curling iron).

SHE SPRAYS HER HAIR “th” (unvoiced “th” as in “thing” Tongue sticks out slightly between teeth. Blow air.)

THEN SHE KISSES HER HUSBAND AND BABY GOODBYE (make two strong kisses).

SHE GETS IN HER CAR “rrr” (do a nice long ‘r’ car sound)

SHE STOPS FOR A TRAIN “CH-ch-ch-ch-CH-ch-ch” It’s like “sh” but you stop the air first and then push out the sound.

UH-OH, THERE’S A FLY “v” (pretend to follow it with your eyes and then kill it with your hand as you stop saying “v”). Place top teeth on lower lip, use your voice. You will feel a buzz on your lower lip.

SHE HEARS SOMETHING ELSE “z”. IT’S A BEE. RUN! Z is like the S sound but you use your voice instead of just blow air.

(That’s the end for now, but feel free to add some more if you like. It’s lots of fun!)

This ending added by:

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Go to www.quia.com/pages/lhazel/mrstongue to watch video of this story.