

# 12 Ways to Establish “er”

## 1. Make some noise!

- Growl like a tiger: grrrrr!
- Crow like a rooster: ER-er-ER-er-ERRRRR!
- Bark like a seal: Arrr Arrr Arrr!
- Make engine noises for a race car racing around a track: ERRRRR-errrrrr.
- Screech like a race car slamming on its brakes: ERrrrrrr!
- Sound like a pirate: ARRRR!
- Make grunting sounds like you are arm wrestling: ERrrrrrr!
- Purr like a happy cat: purrrrrr.

## 2. Feel it!

*Retroflexed tongue position:* Use a Toothette or licorice stick to point out three parts of the tongue: the tongue tip, the back left, and the back right. Each time, ask, “Where did I touch your tongue?” Touch three parts of the palate: the alveolar ridge, the back left, and the back right (by the molars). “Now where did I touch?” Ask the student to press the back right part of his tongue up against his molars. “Feel it. Relax.” Repeat with the left. “Feel it. Relax. Point your tongue tip up and feel the bumpy ridges on the roof of your mouth. Relax.” Now, combine those tongue positions: “Put both sides of the back of your tongue up against your molars. Hold that. Lift your tongue tip up to the back of the bumpy ridges. Hold it. Keeping your tongue in that position, try to say ‘oo’ as in *book*. See what that sounds like.” Show the student how close or how far he is from the bull’s-eye on the target (page 18), and suggest any necessary adjustments to the jaw or tongue.

*Bunched tongue position:* Repeat the above exercise, but add touching the spot behind the lower teeth. “Put both sides of the back of your tongue up against your molars. Hold that. Now, point your tongue tip down, behind your teeth. Hold it. See what that sounds like.”

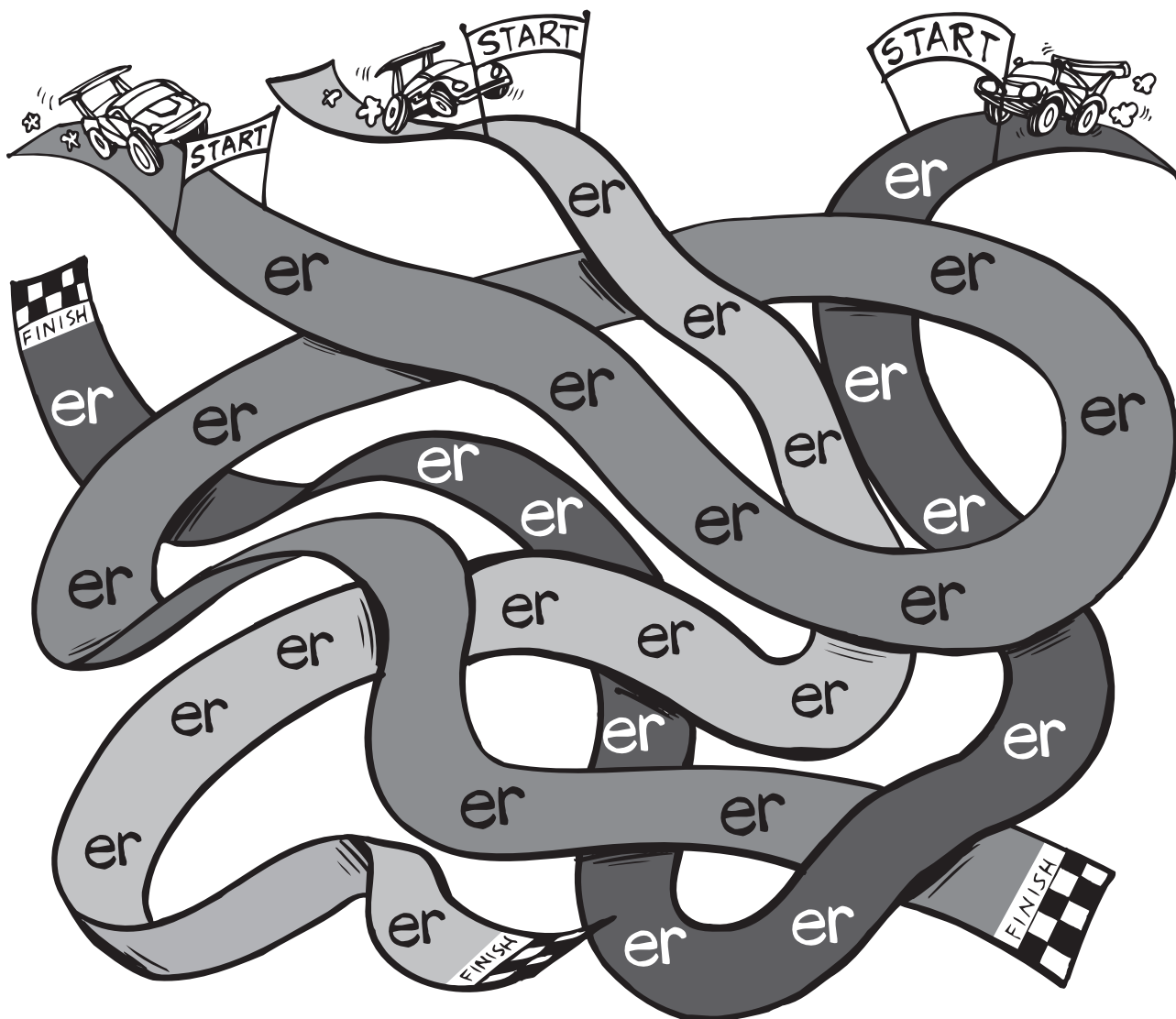
3. **See it!** Show pictures of the two tongue positions for “er” on page 15. Talk about how in both positions, the back of the tongue is elevated, strong, and touches the back molars. Discuss how some people correctly say “er” with the tongue tip pointing up, and some bunch the tongue so the tongue tip is pointing down. “Try to make these shapes with your tongue. Look in the mirror to see if it matches the picture. Keeping your tongue in that position, try to say ‘oo’ as in *book*. See what that sounds like.”
4. **Whipped cream** (retroflexed): “Did you know that the tip of your tongue is the part that tastes sweet things? Pretend fluffy, whipped cream is covering the roof of your mouth. Put your tongue tip right behind your teeth and slowly move your tongue back, tasting all that sweet, whipped cream.” Model using one hand as the palate, the other as the tongue. Then model with your own mouth. “Now you try it.” Repeat this exercise with the tongue moving from the back to the front. Once the student successfully makes these movements, have her close her jaw most of the way and try it again while vocalizing “oo” as in *book*.
5. **Peanut butter** (bunched): “Pretend that you have peanut butter stuck in your mouth. Part of it is keeping the back of your tongue up against your molars. The other part is stuck behind your bottom teeth. Close your mouth so your teeth almost touch. Keep the back of your tongue up. Slowly move your tongue tip forward and backward behind your bottom teeth. Try it again while saying ‘oo’ as in *book*.”

# Race Car Maze

Name \_\_\_\_\_

The cars are revving their engines, ready to race. Follow each race car to its finish line.

- Listen: Listen to your helper say “er” 10 times correctly.
- Auditory Discrimination: Listen to your helper say “er” 10 times. Give a “thumbs up” for good sounds and a “thumbs down” for incorrectly pronounced sounds.
- Warm-up: Say a good “er” sound 10 times. Now you’re ready!
- Speech: Use your finger to trace the track for each car. Each time you cross “er,” say a good “er” sound. If you mispronounce “er,” go back to Start. On your mark, get set, go!



- Challenge: Sing “er” sounds to the tune of “If You’re Happy and You Know It (Clap Your Hands).”

# “Er” Tic-Tac-Toe

Name \_\_\_\_\_

Look at the girls in each row across, up and down, and diagonally. Tell how the girls in each row of three are alike. Use good “er” sounds!



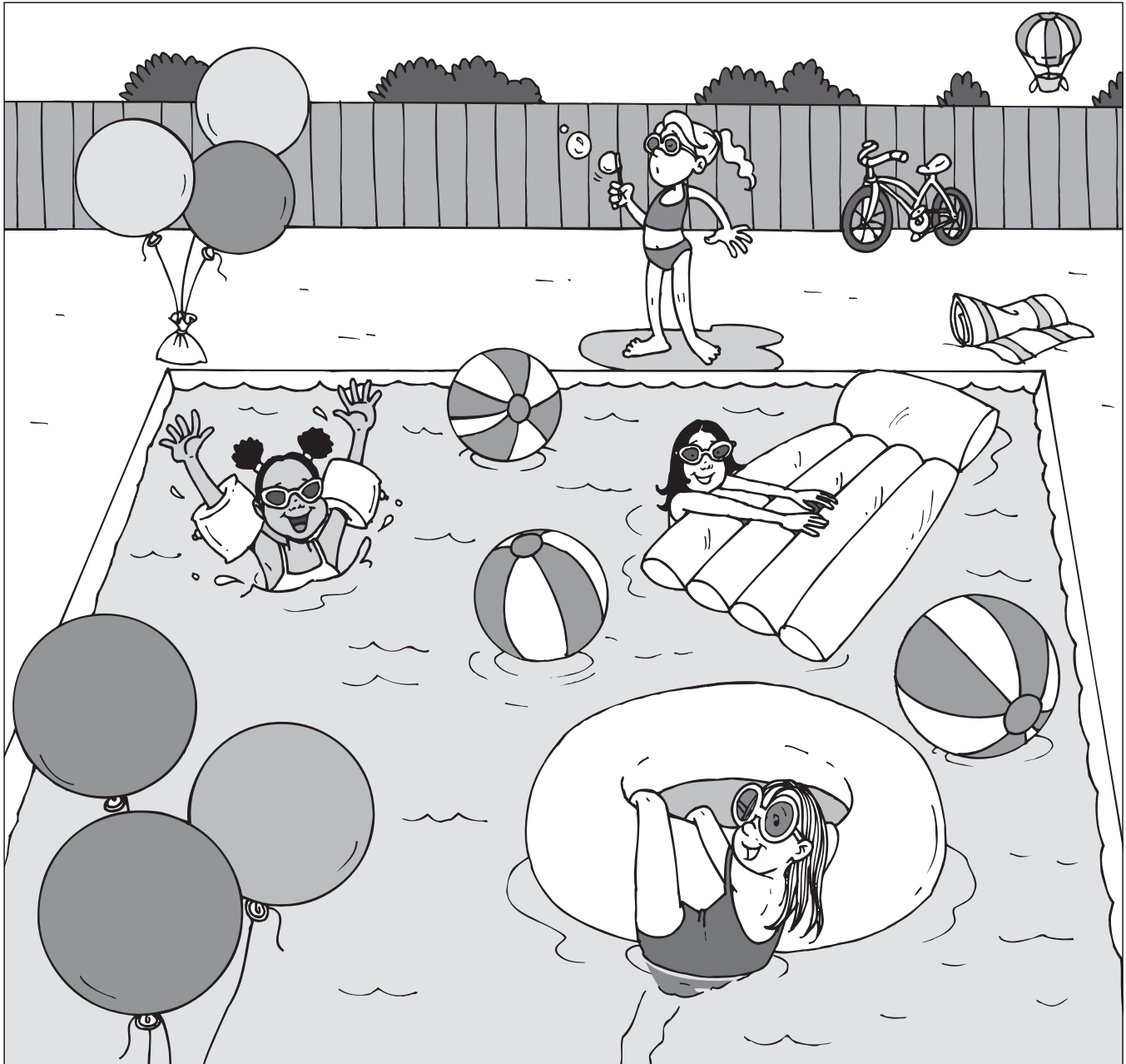
Targets: bird, curly, Earth/world, finger, first place, purse, shirt, squirt gun, thirty, turtle

- Challenge: Play tic-tac-toe on this page using coins or chips as markers. Before you place a marker, describe three things about the picture. If you mispronounce “er,” skip your turn.
- Joke: This book was never written: *How to Eat Worms* by Earl Lee Bird.

# Up in the Air

Name \_\_\_\_\_

- Listen: Listen to your helper say “air” 10 times correctly.
- Warm-up: Slowly say “ay” then “er,” blending the sounds together into a stretched-out syllable. Be careful not to say “uh” in the middle. Repeat “ay-er” several times, gradually saying these sounds faster and closer together. Once you can say “air” at the normal speed, you are ready for the picture activity below.
- Speech: Erin is having a birthday party, and she’s feeling light as air. Find at least 12 items that have air in them. Say “air” as you point to each item.



- Challenge: Sing “air” sounds to the tune of “Happy Birthday.”