Tongue Twisters

In order to improve pronunciation, learners may need to build up unused muscles in their mouths and build the habit of making sounds correctly. Tongue twisters in which difficult sounds are repeated or contrasted are the calisthenics of pronunciation practice.

Directions: Choose the tongue twisters which practice the sounds you are working on. Repeat them three to five times daily. Start saying them slowly and as your pronunciation improves, say them more quickly.

**Tongue Twisters for Vowels**

Practice with many vowel sounds /ɛ/, /ɑ/, /o/, /u/, /i/, /æ/

Betty Botter bought some butter, but she said “This butter’s bitter. “If I put it in my batter, it will make my batter bitter.” So, she bought some better butter, better than the bitter butter. When she put it in her batter, the butter made her batter better.

Practice with many vowel sounds /æ/, /ɑ/, /ɔ/, /ɔ/, /ɛ/, /æ/

Gnats are not now gnawing on the nuts at night.

Practice with /iy/ and /I/

The sheep on the ship slipped on the sheet of sleet.
The keen king kissed the quick queen on her green ring.

Practice with diphthongs /ɑɪ/, /ɔɪ/, and /ɑw/

/ɑɪ/ Quite nice white mice
/ɑw/ How now brown cow
/ɔɪ/ The spoiled boy foiled the coy boy’s joy by purloining his toy.

Practice with /ow/

Joe told a joke he wrote on his own.
I know that’s not the note that Noel wrote.
The coat from the coast cost more than most
Practice with /u/, /u/, and /ə/
Make some fun, funky food and with some luck
You can bake a kooky cookie or stew a stupid duck
You can look it all up in a cool cook book
Or you can find a good excuse why you shouldn’t have to cook.

Practice with /u/
There was a rude dude in the mood for food.
Whenever he chewed we all viewed his food.
The better the food, the more he chewed,
So I served crude food to this rude dude.

Practice with /u/ 
How much wood could a woodchuck could chuck wood? If a woodchuck could chuck wood in a truck, would a woodchuck cluck while the wood was chucked?

Practice with long and short vowels
- Put the bad bat back in the bag.
- It didn’t faze the thief to thieve in my face.
- He let himself be led to the place for the plays.
- The man in the cap had a hat and a cap.
**Tongue Twisters for consonants**

**Practice with /θ/, /ð/ (TH)**

Thirty thousand thirsty snakes thirstily drank three thousand lakes.

Whether the weather is cold, or whether the weather is hot, We’ll be together whatever the weather, whether we like it or not.

**Practice with /r/, /l/, /n/**

‘Round and ‘round the rugged rocks the raggedly rascal ran.

Little Lucy likes to lick lemon-lime lollipops.
Nice Nancy nibbles nervously on nuts.

Red lorry, yellow lorry
Little Red Riding Hood

**Practice with /s/, /z/, /ʃ/ (SH), /tʃ/ (CH), /dʒ/, and /j/ (y)**

Suzy sells seashells by the seashore where the sun shines on the shop signs.

Yellow Jell-O, cherry cheesecake, sweet sugar cookies and a chocolate chip shake.

**Practice with /p/ and /f/**

Note: (Be very careful with this one!!!)
I’m not a pheasant plucker, I’m the pheasant plucker’s son, And I’m only plucking pheasants until the pheasantpluckers come.

**Practice with /b/ and /v/**

There’s a ban on vans at the curb by the curve.

I’m very bad at volleyball, but very fine at basketball.

**Practice with /p/ and /b/**

Peter Piper picked a peck of pickled peppers.
Barney Babbitt bagged a bushel of big blue berries.

**Practice with /v/ and /w/**

We are very weary of wearing white woven wool.
We wish to wear vivid violet velvet vintage vests.