

Free Phonemic Awareness Activities

Step 1 Developing a Kinesthetic Awareness of Sounds

Exploring How Sounds Are Made

Students make important discoveries about sounds when they are aware of how sounds are made. Lead your students through developing a kinesthetic awareness of sounds with this activity.

Materials Needed

Mirror



Exploring the sound /b/

Teacher *Student*

I will say a sound. Repeat the sound and look in the mirror. /b/.

What are your lips doing as you say the sound /b/? **My lips are pressing together, and then they pop open.**

Place your hands in front of your mouth and say /b/. What do you feel? **I feel air puffing out.**

Place your hand on your throat and say /b/. What do you feel? **I feel my throat vibrating.**

Exploring the sound /p/

Now say /p/. Repeat /p/ as you look in the mirror. What are your lips doing? **My lips are pressing together, and then they pop open.**

Place your hand in front of your mouth and say /p/. What do you feel? **I feel air puffing out.**

Place your hand on your throat and say /p/. What do you feel? **Nothing. My throat is not vibrating.**

Comparing the sounds /b/ and /p/

How are the sounds /b/ and /p/ the same? **They are both made by pressing my lips together and then they pop open. Air puffs out.**

How are the sounds /b/ and /p/ different? **My voice box is on for /b/ and off for /p/.**

When two sounds are formed the same way but one has the voice box turned on and the other doesn't, they are called a voiced and unvoiced pair. /b/ and /p/ are a voiced and unvoiced pair.

Exploring the sound /s/

I will say another sound. Repeat the sound and look in the mirror. What is your mouth doing as you say the sound /s/? **My lips are open. My teeth are together. Air is coming out over my tongue.**

Place your hand in front of your mouth and say /s/. What do you feel? **I feel air streaming out.**

Place your hand on your throat and say /s/. What do you feel? **Nothing.**

Activity continued

Exploring the sound /z/

Now say /z/. Repeat /z/ as you look in the mirror. What is your mouth doing?

My lips are open. My teeth are together.

Place your hand in front of your mouth and say /z/. What do you feel? ***I feel air streaming out.***

Place your hand on your throat and say /z/. What do you feel? ***My throat is vibrating.***

Comparing the sounds /s/ and /z/

How are the sounds /s/ and /z/ the same? ***They are both made with my lips open, teeth together, and air coming out over my tongue.***

How are the sounds /s/ and /z/ different? ***My voice box is off for /s/ and on for /z/.***

Are /s/ and /z/ a voiced and unvoiced pair? ***Yes***

Exploring the sound /m/

I will say a sound. Repeat the sound and look in the mirror. What are your lips doing as you say the sound /m/? ***My lips are pressing together.***

Where is the air coming out when you say /m/? ***The air is coming out of my nose.***

Plug your nose and say /m/. ***I cannot say /m/ with my nose plugged.***

Place your hand on your throat and say /m/. What do you feel? ***I feel my throat vibrating.***

How is the sound /m/ different from the other sounds we have tried today? ***The air comes out my nose instead of my mouth.***