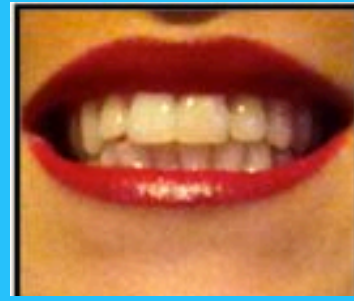


# S Z



Help me practice making the "S" and "Z" sounds!

- My tongue is behind my teeth.
- My lips are pulled back, like a smile.
- The sides of my tongue are touching the inside of my back teeth.
- The air comes out over the middle of my tongue and out the front, not the sides.
- When I say "S," my voice is turned off. When I say "Z" my voice is turned on. I can feel it buzzing!

S

"Snake sound"

Z

"Bee sound"



I sound like a hissing snake when I say "ssssss"!



I sound like a buzzing bee when I say "zzzzz"!

### Something doesn't sound quite right...

It takes time to break old habits and develop a perfect sound! Consider these tips:

1

#### When "s" sounds more like "th"

Make sure that the tongue is behind the teeth. Your tongue is like a snake in a cage and your teeth are the doors. Keep the doors closed!

2

#### When "s" or "z" sound "slushy" or "breathy"

The tongue is probably not stabilized in the back. Practice pushing out against the back molars with your "tongue elbows" to create a groove down the center. Don't let the air leak out over the sides of the tongue! Try shaping the sound from a t (for s) or d (for z). Start by saying the "tapping sound" quickly, "t-t-t-t-t-t-t." Do you feel your tongue behind your teeth, touching the bumpy ridge? Now try it again and hold out the last "t..." Make it a lazy "t." t-t-t-tssss." Continue practicing this sequence and then try the sound in final /ts/ and /dz/ words (below).

### I can make the sound... Now what?

Practice the words on these lists and then go on a sound hunt. Look at books, food labels, billboards... Everything and anything! Hang a list on the fridge and see how many words you can add! Practice your sound in isolation, then words, phrases, and sentences.

**Final /ts/ words**

cuts cats eats sits

**Initial /s/ words**

same sun soon sit

**Medial /s/ words**

bossy castle glasses closer

**Final /s/ words**

bus base dice face

**Final /dz/**

buds lads nods heads

**Initial /z/ words**

zoo zap zero zone

**Medial /z/ words**

music noisy fuzzy dessert

**Final /z/ words**

buzz nose dogs bees