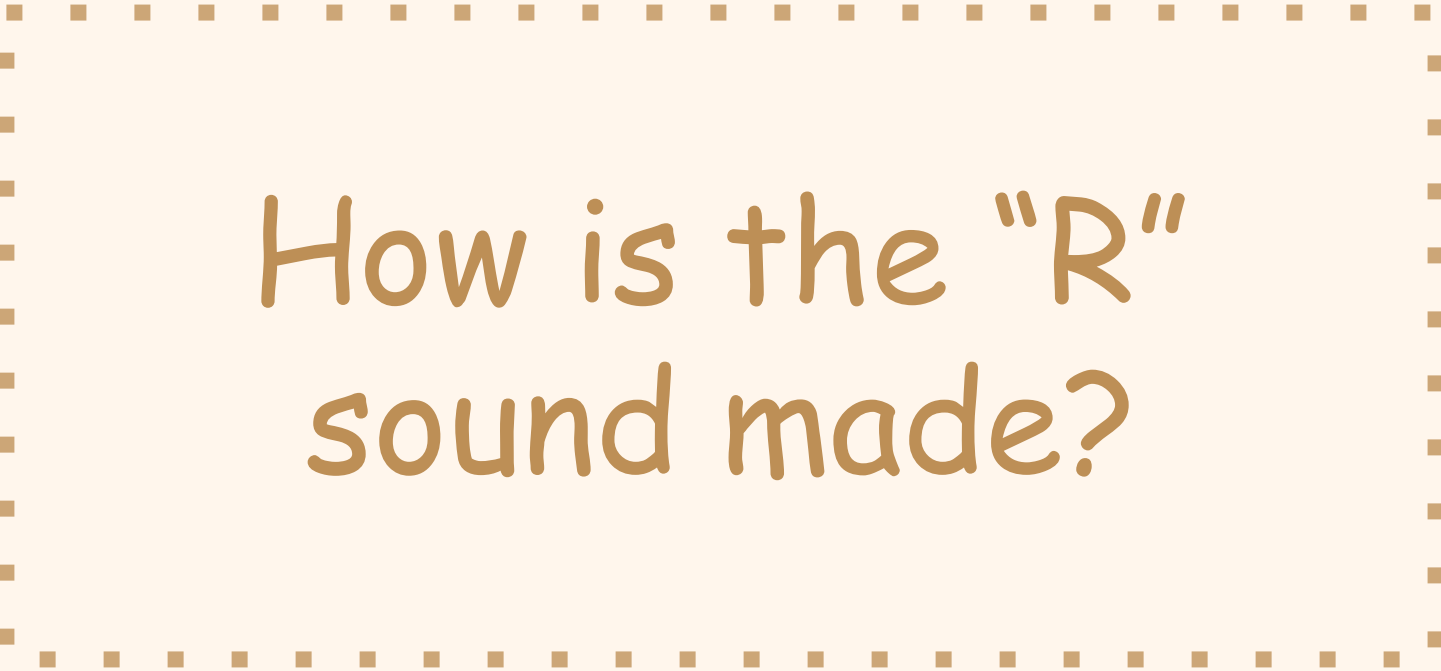




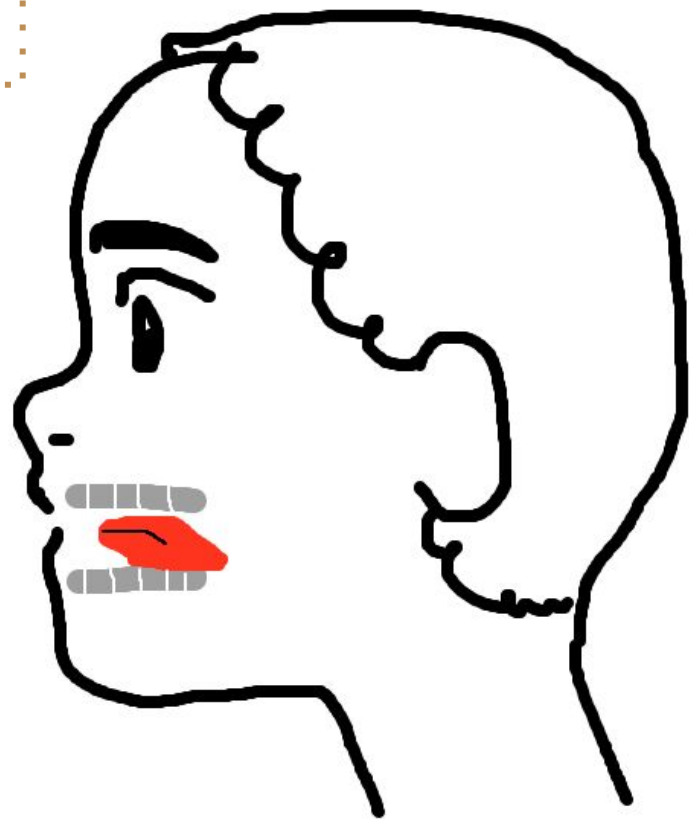
How is the "R"
sound made?

How is the R sound made?

There are 2 ways to make this sound:

1. Retroflex R (the curl)
2. Bunched R (the hill)

Both of these shapes are correct;
you can focus on the one that feels
most natural to you.



Retroflex R (the curl)

- The back of your tongue is pulled **BACK**.
- The tip of your tongue is curled **UP**.



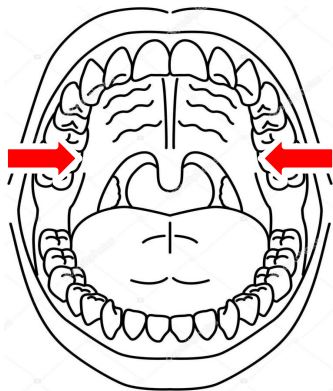
Imagine your tongue making a "come here" gesture.

Video Example (link)

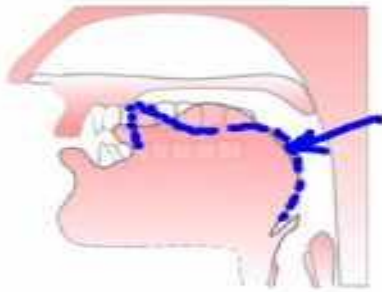


Bunched R (the hill)

- The back of your tongue is **UP** and touching the inside of your top back molars.
- Your tongue tip is lower.



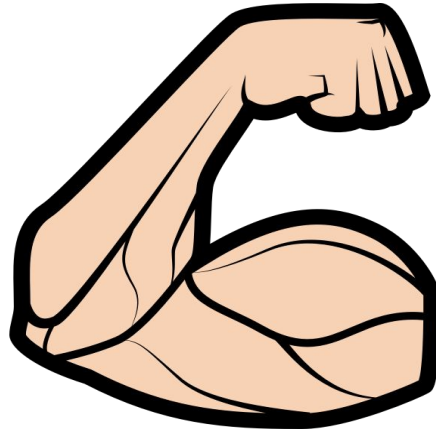
Video Example (link)



/r/

retroflex
r

For both versions, the tongue should remain **flexed** so the R sound is clear.



We can visualize “*keeping the tongue strong/tight*” with a flexing bicep



Practicing the
"R" sound

In the speech therapy classroom, we break down the R sound into 3 main steps:

1. Keep your tongue UP
2. Pull your tongue BACK
3. Make your tongue STRONG

Tips for practicing at home:

- **Include it in daily life...**
 - On car rides - Compete to see who can spot the most blue cars by calling out “blue carl!”
 - At the grocery store - find 10 different items with R in the name
 - Reading together - Find all the words containing R in a sentence/page before reading aloud
- **Use a mirror** - Mirrors provide **bio-feedback** - your child can **see** their tongue move and **feel** the sensation of where it should move to in their mouth.
- **Short and sweet** - A few 5-minute practices during the week are more likely to help your child's progress and minimize frustration. Practices using games are very motivating!
- **Practice together** - Ask them to teach you how to make the sound. Take turns saying target words. Have them choose a word or phrase for you to say (the sillier the better).
- **Keep it fun** - If you see frustration building, it's okay to take a break. Practice doesn't need to be a source of stress.

Note:

The following exercises are ways of making the R sound using *other* speech sounds as landmarks.

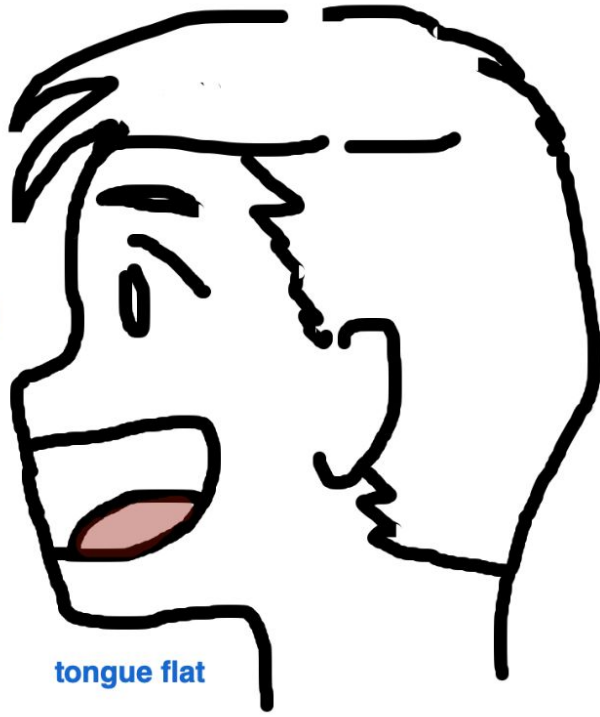
The goal is to get the tongue into the **UP**, **BACK**, and **STRONG** position.

The diagrams show a wide open mouth to make the movements of the tongue clearer. During natural speech, the mouth will be much less open.

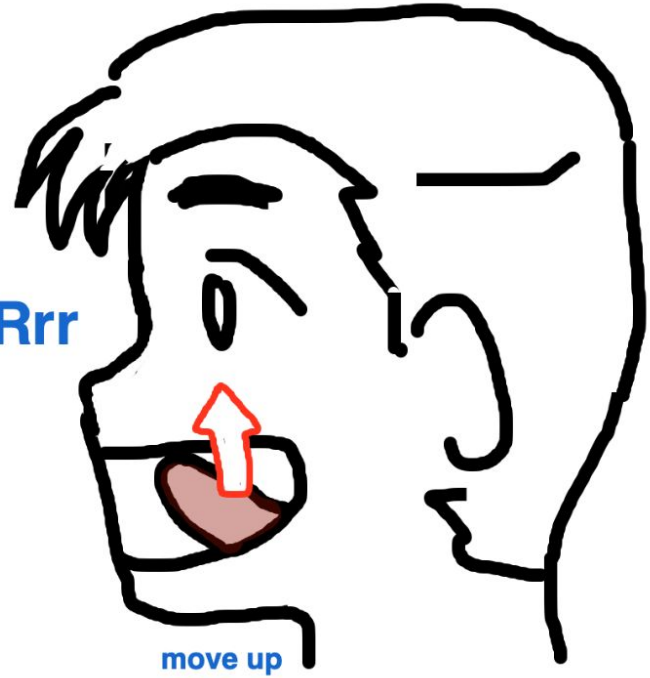


Aah → Rrr

Aah



Rrr



LII → Rrr

LII



Tongue tip touches the
back of the top teeth

Rrr

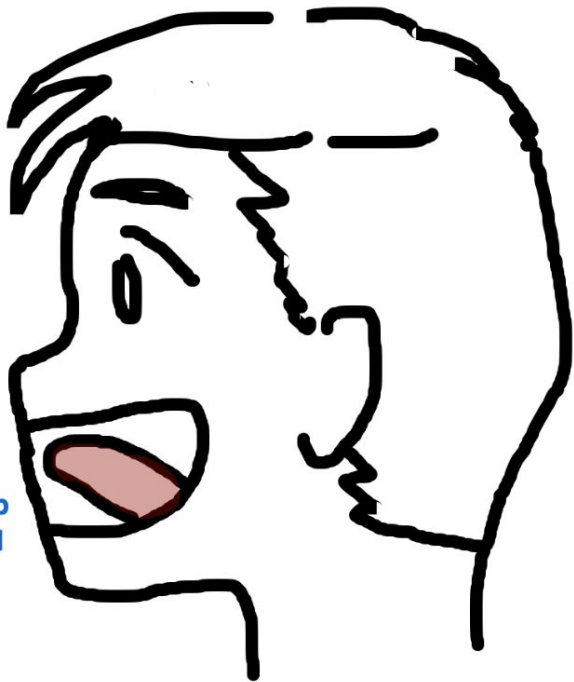
move back



Eee → Rrr

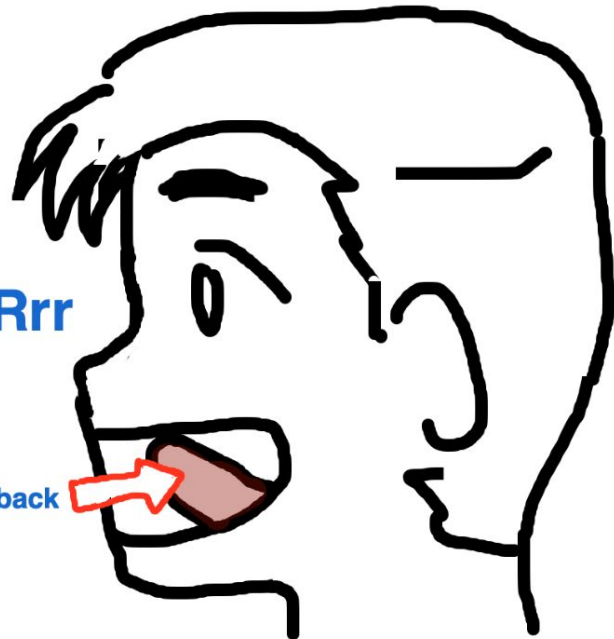
Eee

tongue is up
and forward



Rrr

move back



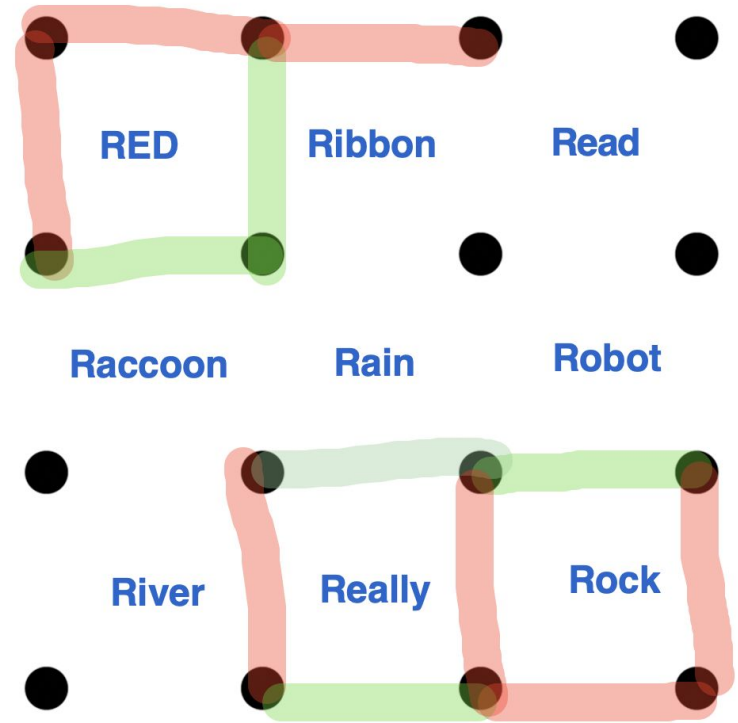
Games / Activities
with the "R" sound

Modify games for practice:

- **For any game** - Use phrases with target sounds:
 - “**Your turn**” / “my **turn**”
 - “I’ll **try...**” / “**Try** again” / “**Great** job”
- **Dice or card games** - Use the number on the card or the number rolled on the dice to practice the target sound (if you play a 3 in Uno, say the target 3 times).
- **Fill in target words** - Assign a target word to random spaces on a board game, fill in a Dots and Boxes grid with target words, stick target words to various Jenga blocks.

Dots and Boxes

1. Take turns drawing 1 line at a time.
 2. If you close a box, you get 1 point.
Say the word inside the box 3 times
- Optional: Take a bonus turn each time you complete a box.*
3. The person with the most points at the end is the winner.



Shark Attack

(alternative to Hangman)

Other players: Guess 1 letter at a time using the phrases:

- I'll try...
- Is there a...

Player 1: Choose a secret word. Draw blank spaces for each letter in the word.

S H A K

For each wrong letter, the shark fin moves 1 wave closer!!

Player 1 responds:

- “Great job!” or
- “Try again...”

