

Actions to Match the Sound Mats

Phoneme	Graphemes	Actions	Cued Actions
/s/	s as in sun ss as in dress c as in city st as in listen se as in moose ce as in fence sc as in scent	Hold hands in a circle shape in the air. Flick hands by your waist like you're swishing a dress. Make a tall building with your arms. Cup hand behind your ear. Put your hands above to create antlers. Hold both hands up flat. Wave hand in front of your nose.	This is a quiet, voiceless sound so we use one finger. Start with your finger at the edge of your mouth and wriggle it away like a snake
/a/	a as in ant	Tap your arm as if ants are on your arm.	we make this sound by making our mouth wide, so our fingers are together in a fist to represent the shape. Hold your fist to the side of your mouth and make a short movement from the wrist as you say 'a'.

/t/	t as in tap	Twist your hand as if you're turning on a tap.	This sound is voiceless. The picture shows the starting point of the sound. As the sound is produced, the index finger is jerked forward approx one inch.
/p/	p as in panda	Circle fingers around eyes like a panda.	This sound is voiceless. The picture shows the starting point of the sound. As the sound is produced, the index finger separates from the thumb.

/i/	i as in igloo y as in gym	Rub arms and shiver. Lift a heavy weight.	Short vowel. The picture shows the starting point of the sound. As the sound is produced, jerk your hand forward slightly. Like 'dotting the i'.
/n/	n as in net kn as in knit gn as in gnat	Hold a fishing net and scoop catches out of the water. Use knitting needles. Swat your hands as in squashing the gnat.	This is a voiced sound, Two fingers are placed on the side of the nose. The hand does not move as you say the sound.

/m/	m as in mouse mb as in lamb	Scurry fingers across the surface. With your little finger make two curly horns.	This sound is voiced. Two fingers and thumb are placed on the side of the nose. The hand does not move as you say the sound.
/d/	d as in dog	Digging movements with hands like a dog.	Voiced, This picture shows the starting point of the sound. As the sound is produced, the two fingers jerk forwards approx one inch.

/g/	g as in gate gh as in ghost	Swing arm like a gate opening. Wave arms around like a ghost.	Voiced. We use two fingers in this movement. Use your index and middle finger to make a hook shape in front of your throat. Tilt this action down and away from your throat in a short movement as you say 'g'.
/o/	o as in orange a as in swan	Peel an orange. Place your arm upright with beak hand and 'swim' along the other arm as if it were a swan.	Short vowel. This picture shows the starting point of the sound. As the sound is produced, jerk the hand back slightly.

/c/	c as in cat k as in kitten ck as in duck ch as in school	Signal cat whiskers by your mouth. Knock a ball of wool with your 'paw.' Use your hand to quack as a beak to quack. Fingers on your lips and sit up straight.	We use one finger in this movement. Use your index finger to make a hook shape in front of your throat. Tilt this action down and away from your throat in a short movement as you say 'c'.
/e/	e as in elephant ea as in bread	Use your arm to swing your elephant trunk. Slice bread with your hand.	This is a short vowel. The picture shows the starting point of the sound. As the sound is produced, jerk the hand forward slightly.

/u/	u as in umbrella ou as in countryside o-e as in some o as in mother	Put an umbrella up. Hold your hand to your forehead as if to look into the distance. Cup hands like you're holding something. Arch both hands over a round tummy.	This is a short vowel sound, The picture shows the starting point of the sound. Hand is shapes like an U. As the sound is produced, jerk hand outward slightly.
/r/	r as in rain wr as in wrap	Rain falling with fingers. Fold a tortilla.	This is a voiced sound. The picture shows the stating point of the sound. As the sound is produced, the two fingers are moved only very slightly forwards and downward by wrist action.

/h/	h as in hand	Hold one hand up like you're saying stop.	This is a voiceless sound. Hold your whole hand up to the side of your mouth. Move your hand forwards as if pushing as you say the sound 'h'.
/b/	b as in bird	Flapping arms like a bird.	This is a voiced sound so we use two fingers. Place your two fingers and thumb together at the side of your mouth and then open, like a birds beak as you make the sound 'b'.

/f/	f as in fish ff as in coffee ph as in dolphin	Wiggle one hand like a fish swimming. Drink a coffee. Hold both hands together and dive them under the water.	Voiceless. Use one finger for this action. Hold your index finger horizontally in front of your mouth and move this finger down and away from the mouth as you say the sound 'f, f, f, f'.
/1/	I as in leg II as in bell le as in castle al as in medal el as in label	Tap your leg. Ring an old school bell. Put arms either side of your head to make three turrets. Hold hands together and move side to side of your shoulder to 'celebrate'. Tap the side of your chest as though you are touching a name label.	Voiced sound. The sound is made with our tongue behind our top teeth. Hold up your index and middle finger together in front of your lip and move them in an arched movement down as you make the sound 'l'.

/j/	j as in jam g as in giant ge as in cage dge as in fudge	Spread jam on hand using two fingers as a knife. Make yourself large like a giant. Open the cage with your hand. Rub your tummy for delicious fudge.	It is a voiced sound so we use two fingers to make the action for 'd' and move this into the action which represents the voiced 'sh' sound as you say 'j'.
/v/	v as in voice ve as in sleeve	Cup hands around mouth and say 'v' for voice. pull up your sleeves.	This is a voiced sound. The picture shows the starting point of the sound. As the sound is produced, the shape of the hand stays the same but is moved downward and forward approx 4 inches.

/w/	w as in water wh as in wheel	Pretend to hold a hose pipe with water coming out. Roll arms over one another like a turning wheel.	This is a short sound. The action for this starts with the fingers together next to the mouth before spreading them out as we move them away from our mouth. This represents what happens to our mouths as we say 'w'.
/×/	x as in X	Cross arms like an x.	This is a voiceless sound. The picture shows the starting point of the sound, as in 'c'. As the sound is produced, the index finger makes a wavy line in the air as in 's'.

/y/	y as in yawn	Yawn and stretch arms.	This is a short, voiced sound. The action for this sound starts with the fingers together flat next to the mouth before spreading them out as they move away from the mouth. This represents how our mouth changes as we say 'y'.
/z/	z as in zip zz as in buzz se as in please ze as in freeze	Zip up the front of your coat. Use your hands to buzz like a bee. Join hands and plead. Freeze in position (hands up)	This is a voiced sound. The picture shows the starting point of the sound. As the sound is produced, the shape of the hand stays the

			same but two fingers make a zigzag line in the air, moving forward for approx 4 inches, like a 'z' on its side,
/qu/	qu as in queen	Put a crown on.	Voiceless. The first picture shows the starting point of the sound, as in 'c'. As the sound is produced, the fingers separate and part, as in 'w'.
/ch/	ch as in chair tch as in catch t(ure) as in picture	Tap a chair you're sitting on. Pretend to catch a ball. Take a photo.	
/sh/	sh as in shark ch as in chef s as in sugar ti as in conversation ssi as in mission si as in mansion ci as in optician	Hold your hand to your head as if it is a fin. Reveal the food from order a klosh. Spoon sugar into your cup. Mimic two talking hands. Put your hand together from your chest and up. Hold hands up above your head in a point to make the roof of a house. Look over the top of your glasses.	
/th/	th as in thumb	Hold up your thumb.	

/ng/	ng as in king	Bow to a king.	
/ai/	ai as in snail ay as in play a-e as in cake ey as in grey eigh as in eight a as in baby aigh as in straight ea as in break	Slowly trail hand around as if a snail moving slowly. Clap hands as if playing a playground clapping game. Slice a cake and eat it. Pretend to be old with a walking stick. Hold up 4 fingers on each hand. Rock a baby in your arms. Draw a straight line with your finger. Break / snap a stick with both hands.	
/ee/	ee as in tree ea as in beach ey as in key e-e as in athlete ie as in chief e as in me y as in pony	Hold arms in the air as if they are branches in a tree. Put your hands behind your head as if relaxing on a beach. Turn the key. Move arms as if running very fast. Hold up your arm to say 'hau!' Gesture to yourself. Ride a pony.	
/igh/	igh as in light ie as in tie i-e as in kite i as in tiger y as in fly	Pull on a light cord as if turning on a light. Adjust your tie. Fly a kite. Hold up your hands as a clawing tiger. Swat a fly.	
/oa/	oa as in boat oe as in toe o-e as in note o as in open ow as in snow ou as in shoulder	Row a boat. Hold up your big toe. Play the piano. Hold a door knob and open the door inwards. Sprinkle fingers as if snow is falling. Tap both of your shoulders	
/oo/ and	oo as in moon ue as in glue	Draw a crescent moon in the air. Pretend to paste a glue stick on the palm of your hand in a circular motion.	

/yoo/	ew as in screw ui as in fruit u-e as in cube u as in unicorn ou as in soup	Screw with a screwdriver. Hold an apple to your mouth and take a bite. Suck through a straw like having a cold drink. Hold fist on your head as if you were a unicorn horn. Hold a bowl and spoon 'soup' into your mouth.	
/00/	oo as in book	Open your palms as if opening a book.	
/ar/	ar as in car a as in father al as in half	Drive a car. Rub your beard. Chopping action to cut something in half.	
/or/	or as in fork aw as in saw au as in sauce al as in ball our as in four augh as in caught ore as in core oor as in door oar as in board a as in water	Feed yourself with a fork. Pretend to cut, 'saw' a piece of wood. Pretend to squeeze a sauce bottle. Kick a ball. Hold up four fingers. Catch a fish with a rod. Swing an apple in the air. Open the door, holding a door knob. Draw a square with both hands. Sip from a glass.	
/ur/	ur as in fur ir as in shirt er as in fern ear as in learn or as in worm	Cuddle a furry teddy bear. Do up the buttons on your shirt. Hold hands side by side and wave fingers as if the leaves of a fern. Tap your temple with your finger. Wiggle your finger like a worm.	
/ow/	ow as in cow ou as in house	Milk a cow. Hold hands up to your chest in a point to make the roof of a house.	

/oi/	oi as in coin oy as in toy	Count the coins in your hand. Turn the wind up key on a toy car.	
/ear/	ear as in ear ere as in here eer as in cheer	Wiggle your ear lobe. Signal to come here. Wave your hands in the air to cheer.	
/air/	air as in hair ere as in there are as in bare ear as in pear	Brush your hair. Point over there. Take your socks off. Pick a pear and eat it.	
/er/	er as in teacher	Point at the teacher.	
/u/	u as in pull	Hold hands out in front of you like you are pulling a rope	
Unstressed /er/	or as in doctor ar as in collar	Hold a stethoscope to your ear and chest. Fix your collar.	
/zh/	su as in treasure si as in television	Pull open a treasure map. Press the remote control at the television	