



## How To Say CH

To learn how to say the CH sound we must know what each articulator (lips, tongue, teeth, breath, and voice) does.

**Tongue:** The tongue plays an important role in SH. The sides of the tongue rest on the molars. The tongue is raised and the middle part of the tongue is pressed against the roof of the mouth. Say SH and feel where your tongue is now.

**Lips:** The lips are the most important part! They are rounded like an "O." Say SH again and feel/look at what the lips do.

**Teeth:** The teeth have a VERY SLIGHT gap to allow for airflow.

**Jaw:** The jaw must be up and centered.

**Breath:** Airflow is continuous. It does not stop.

**Voice:** SH is a voiceless sound which means the voice box is turned off. Say SH while touching your throat. If you don't feel anything, you are doing it right!