

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# How To Say SH

Below is a brief explanation on what all the articulators (tongue, lips, teeth, jaw, breath, voice) must do to say “sh” correctly.

**Tongue:** The tongue plays an important role. The sides of the tongue rest on the top, back molars. The tongue is raised but the middle part of the tongue lowers to create a “bowl” to allow for airflow. Say “sh” and feel where your tongue is now.

**Lips:** The lips are important too. 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.

Notes To Parents: \_\_\_\_\_

Notes To Speech Therapist: \_\_\_\_\_