

DAY 1

- * Who can remember how [u] feels?
Yes - your mouth drops wide open, because the letter has his mouth wide open.
- * Who can remember how [a] feels?
Yes - your mouth opens BUT spreads sideways.
- * Put your fingers back here (at the back of your bottom jaw).
Keep your mouth shut.
Now say [a] - feel it spread.
Now say [u] - feel it drop down.

[u] is much wider, isn't it?
- * Make the letter for [a] in the air, together, as you make the noise.
- * Make the letter for [u] in the air, together, as you make the noise.

DAYS 2, 3, 4, 5

- * What does [u] feel like?
Yes, your mouth drops wide open.
- * What does [a] feel like?
Yes, your mouth opens and goes sideways.
- * Now say [u] [a] [u] [a] [u] [a]
(while feeling your jaw and face with your fingers).
Exaggerate the feel of each sound.
- * Make the letter for [a] in the air, together, as you make the noise.
- * Make the letter for [u] in the air, together, as you make the noise.