

CH

1. Exercises 10x each in the morning and then in the evening with a mirror
 - * pursed lips then spread lips
 - * ooo, eee
2. Sounds: morning and evening, with a mirror, lips pursed, air flowing through the center of the mouth in short quick bursts with the tongue “tight” in the mouth.
3. Syllables: say each set 1 x in the morning and evening with a mirror

cha	acha	ach
chee	eche	ech
chay	aychay	aych
cho	ocho	och
chew	oochew	ooch
4. Words:

chat	kitchen	beach
child	ketchup	ouch
chicken	bunch	peach
check	lunchroom	each
cheap	switch	which
chip	watch out	touch
chocolate	sandwiches	speech
chop	pitching	hopscotch
choice	lunch box	ranch
chore	crunch	couch
5. Oral-read a paragraph letting your eyes skim for words that start with the /ch/ sound, then read that paragraph aloud stopping to concentrate where your lips are when producing this sound (pursed) and air should be short and tongue strong.