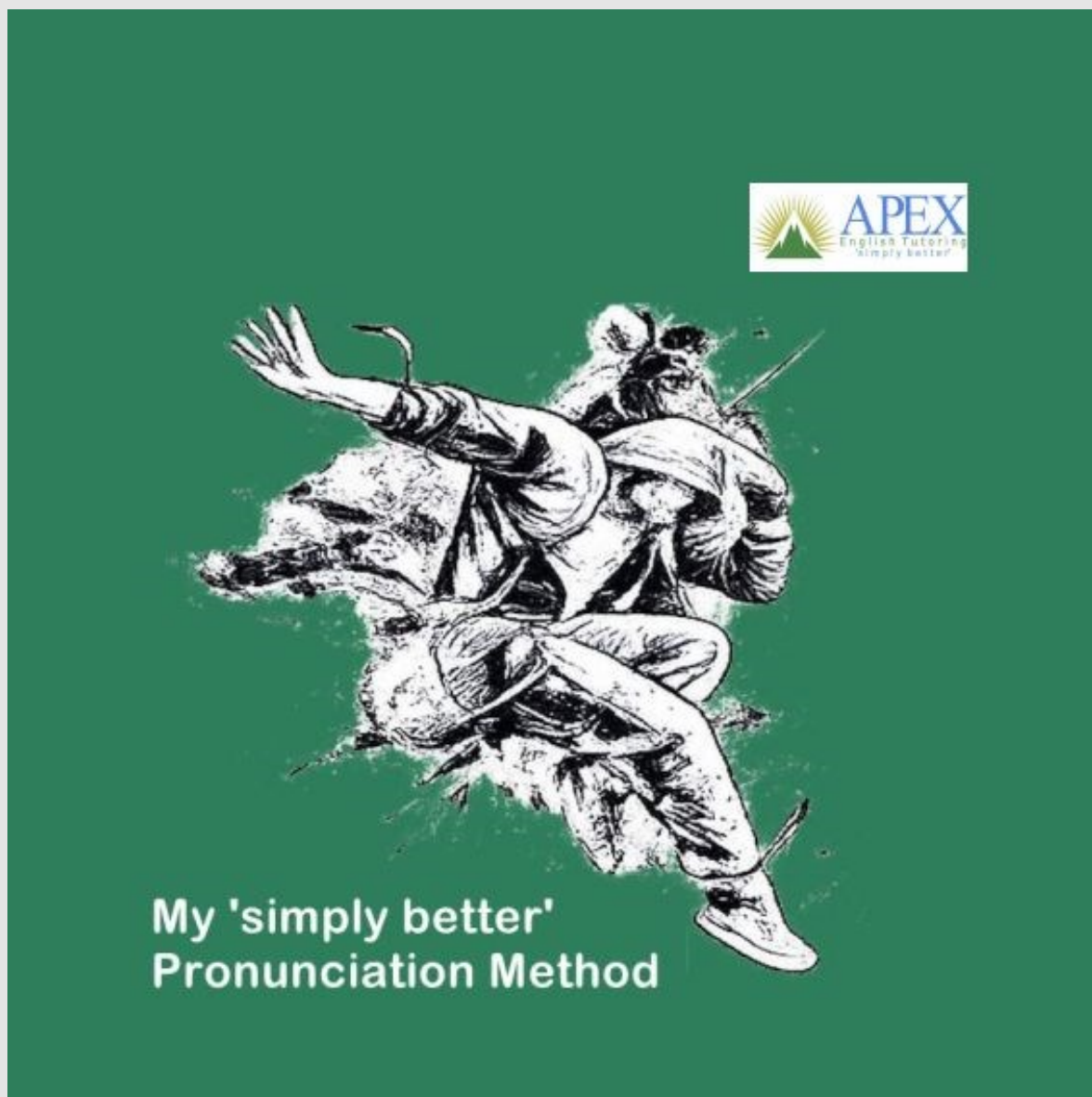


# 11 Fun and Effective Exercises to Practise Your Pronunciation

## Exercise 1: Tongue Twisters



# Introduction

With this set of Exercises, I want to show you that improving your English pronunciation can be effective.

And made more fun with a touch of creativity.

I will teach them to you one by one.

## 1 Use Tongue Twisters as Warm-ups

What are tongue twisters?

Tongue twisters are tricky sentences that are hard to say quickly.

Before starting your English pronunciation practice sessions, warm up with challenging tongue twisters.

Saying them helps your mouth get ready to speak English well. It's like stretching before you exercise.

This makes it easier to speak clearly.

Let me tell you story about my Journalism tutor at university.

She encouraged us to warm up before doing our practice radio or TV new stories.

She taught us to practice the tongue twister: 'blue lorry, yellow lorry'.

**Focus on saying each word correctly and quickly!**

Start off slowly, then as you repeat them, try to say them faster and without making mistakes.

Have fun twisting your tongue with these 15 tongue twisters in English. There are some I struggle with too!

Peter Piper picked a peck of pickled peppers.

She sells seashells by the seashore.

How much wood would a woodchuck chuck if a woodchuck could chuck wood?

Unique New York, Unique New York.

Red leather, yellow leather. (or 'blue lorry, yellow lorry'.)

Fuzzy Wuzzy was a bear.  
Fuzzy Wuzzy had no hair.  
Fuzzy Wuzzy wasn't very fuzzy, was he?

('was he' = 'wazzy'/'wozzy')

Betty Botter bought some butter, but she said the but-  
ter's bitter.

If I put it in my batter, it will make my batter bitter.

So, she bought some better butter, and her batter wasn't  
bitter.

Six slippery snails slid slowly seaward.

I scream, you scream, we all scream for ice cream!

How can a clam cram in a clean cream can?

Rubber baby buggy bumpers.

Black bug bleeds black blood, black blood bleeds black  
bugs.

Sheena leads, Sheila needs.

Toy boat. Boy tote. Toy boat. Boy tote. Toy boat.

A big black bug bit a big black bear and made the big black bear bleed blood.

Round the rugged rocks the ragged rascal ran.

**Tip:** Pronounce 'rugged' as 'ruggeded' and 'ragged' as 'raggered'.

**Tip:** Search online for more tongue twisters to practice saying them. Write them in your notebook.

### **Try this:**

Do exercises that target the muscles involved in speech production.

For example, practice moving your tongue up and down, side to side, and in circular motions.

Open and close your mouth to stretch the muscles around your lips.

These exercises will help improve your overall articulation and flexibility.

Say the alphabet out loud.

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Try and understand what shape your mouth makes, or what your tongue does when saying each letter.

Say 'M' then 'N' and see or feel the difference.

**Remember to practice these exercises regularly**

This has been the first Exercise.

**[When you are ready, click or tap here](#)**

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Open the PDF

**Shadowing Tongue Twisters**

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