

Jolly Phonics Sounds / Actions

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7 Groups of sounds:

Group 1

- s Weave hand in an s shape, like a snake, and say ssssss.
- a Wiggle fingers above elbow as if ants crawling on you and say a, a, a.
- t Turn head from side to side as if watching tennis and say t, t, t.
- i Pretend to be a mouse by wriggling fingers at end of nose and squeak i, i, i.
- p Pretend to puff out candles and say p, p, p.
- n Make a noise, as if you are a plane – hold arms out and say nnnnnn.

Group 2

- c k Raise hands and snap fingers as if playing castanets and say ck, ck, ck.
- e Pretend to tap an egg on the side of a pan and crack it into the pan, saying eh, eh, eh.
- h Hold hand in front of mouth panting as if you are shaking out of breath and say h, h, h
- r Pretend to be a puppy holding a piece of rag, shaking head from side to side, and say rrrrrr.
- m Rub tummy as if seeing tasty food and say mmmmmm.
- d Beat hands up and down as if playing a drum and say d, d, d.

Group 3

- g Spiral hand down, as if water going down the drain, and say g, g, g.
- o Pretend to turn light switch on and off and say o, o, o, o.
- u Pretend to be putting up an umbrella and say u, u, u.
- l Pretend to lick a lollipop and say l, l, l, l, l, l.
- f Let hands gently come together as if toy fish deflating, and say f, f, f, f, f, f.
- b Pretend to hit a ball with a bat and say b, b, b.

Group 4

- ai Cup hand over ear and say ai, ai, ai
- j Pretend to wobble on a plate and say j, j, j.
- oa Bring hand over mouth as if you have done something wrong and say oh!
- ie Stand to attention and salute, saying ie ie.
- ee or Put hands on head as if ears on a donkey and say eeyore, eeyore.

Group 5

- z Put arms out at sides and pretend to be a bee, saying zzzzzz.
- w Blow on to open hand, as if you are the wind, and say wh, wh, wh.
- ng Imagine you are a weightlifter, and pretend to lift a heavy weight above your head, saying ng...
- v Pretend to be holding the steering wheel of a van and say vvvvvv.
- oo OO Move head back and forth as if it is the cuckoo in a cuckoo clock, saying u, oo; u, oo (Little and long oo)

Group 6

- y Pretend to be eating a yoghurt and say y, y, y.
- x Pretend to take an x-ray of someone with an x-ray gun and say ks, ks, ks.
- ch Move arms at sides as if you are a train and say ch, ch, ch.
- sh Place index finger of lips and say sh sh sh.
- th th Pretend to be naughty clowns and stick out tongue a little for the th, and further for the th sounds (this and thumb).

Group 7

- qu Make a duck's beak with your hands and say qu, qu, qu.
- ou Pretend your finger is a needle and prick thumb saying ou, ou, ou.
- oi Cup hands around mouth and shout to another boat saying oi! Ship ahoy!
- ue Point to people around you and say you, you, you.
- er Roll hands over each other like a mixer and say er er er.
- ar Flap hands as if a seal, and say ar, ar, ar. (US English).

Alphabet with pictures on next page, to help with sounds.

Scroll down ↓

s 	t 	p 	n 	m 	a 	e 	i 	o 
g 	d 	ck 	r 	h 	u 	ai 	ee 	igh 
b 	f 	l 	j 	v 	oa 	oo 	oo 	ar 
w 	x 	y 	z 	qu 	or 	ur 	ow 	oi 
ch 	sh 	th 	th the	ng 	ear 	air 	ure pure	er 

