

A guide to forming the Set 1 Single Sounds with your mouth correctly and their letter rhymes to help with accurate formation

- Please, please, please call each letter by their sound not their letter name.
- Practise writing the sound in air if your child isn't keen to write with a pencil / pen, saying the rhyme out loud will help them to form the letter accurately
- Avoid saying 'fuh', 'luh', 'muh', 'nuh' 'cuh', 'puh', 'tuh', 'chuh'

Sound		How to say the sound	Letter formation rhyme
m	stretchy	Press your lips together hard as you say mmmmm	Maisie, mountain, mountain
a	bouncy	Open your mouth wide, as if to take a big bite of an apple a-a-a-a	Round the apple, down the leaf
s	Stretchy	Keep your teeth together and hiss ssssss	Slither down the snake
d	bouncy	Tap your tongue gently behind your teeth d-d-d-d	Round his bottom, up his tall neck and down to his feet
t	bouncy	Tuck your tongue behind your teeth t-t-t-t	Down the tower, across the tower
i	bouncy	Make a sharp sound at the back of your throat and smile i-i-i-i	Down the body, a dot for the head
n	stretchy	Keep your tongue behind your teeth nnnnnn	Down Nobby, over his net
p	bouncy	Make light popping noise p-p-p-p	Down the plait, and over the pirates face
g	bouncy	Make a soft sound in your throat g-g-g-g	Round her face, down her hair and give her a curl
o	bouncy	Push your lip out and make your mouth into an o shape o-o-o-o	All around the orange
c	bouncy	Make a sharp click at the back of your throat c-c-c-c	Curl around the caterpillar
k	bouncy	Make a sharp click at the back of your throat c-c-c-c	Down the kangaroo's body, tail and leg
u	bouncy	Make a sound at the back of your throat u-u-u-u	Down and under, up to the top and draw the puddle
b	bouncy	Try to say a short b rather than buh b-b-b-b	Down the laces to the heel, round the toe
f	stretchy	Keep your teeth on your bottom lip and force air out sharply fffff	Down the stem and draw the leaves
e	bouncy	Bounce e-e-e-e	Lift off the lid and scoop out the egg
l	stretchy	Keep your tongue pointed and curled behind your teeth lllll	Down the long leg
h	bouncy	Breathe out sharply on to your hand h-h-h-h	Down the head to the hooves and over his back
r	stretchy	Make the sound as if making a mini growl rrrrr	Down his back, then curl over his arm
j	bouncy	Push your lips forward as you make the sound j-j-j-j	Down his body, curl and dot
v	stretchy	Keep your teeth on your bottom lip and force out air vvvvv	Down a wing, up a wing
y	bouncy	Keep the edges of your tongue against your teeth y-y-y-y	Down a horn, up a horn and under his neck
w	bouncy	Keep your lips tightly pursed w-w-w-w	Down, up, down, up
z	stretchy	Keep your teeth together and make the sound of a fly zzzzz	Zig, zag, zig
x	bouncy	Bounce x-x-x-x as though you are saying kiss without i: cs.	Down the arm and leg, and repeat the other side