



/r/ Warm-up Activity

What's Included:

This worksheet is intended to be used as a warm-up for speech therapy for a child who is working on the /r/ sound. The activity is based off the principal that children who are more stimulative for a sound are more likely to remediate the sound on their own without therapy. That means that you can help the child make faster progress in therapy by encouraging him to practice these different /r/ sounds in isolation.

How to Use It:

As Homework:

This worksheet can be sent home as homework with instructions to the parents to have the child attempt all of these /r/ sound a few times per day. If the child is struggling with a certain set of these, you can hold off on having the child practice them until he is more consistent.

In Therapy:

Have the child go over this worksheet once at the beginning of each session as a warm-up. Take note of which /r/ sounds are the clearest and which ones need more work. /r/ Sounds that the child has success with can be sent home as homework or can be used to show the child the proper /r/ so he can assimilate that to other /r/ sounds.

For More Information:

For more information about how to fix the /r/ sound, click on this link:

<https://www.speechandlanguagekids.com/teach-r-sound-christine-ristuccia/>



/r/ Warm-Up Exercise

Here are some activities to do to get your tongue ready for the /r/ work it needs to do. You can also just get this page out and practice it on its own:

1. Say out loud what you need to do with your tongue to make the /r/ sound.
2. Say /r/ like a pirate (“Aarrrrr”) 10 times in a row. Try not to scrunch up your face, just focus on what your tongue is doing.
3. /r/ Vowels: Say this sequence 5 times in a row. Make sure your /r/ is very long and stretchy.
 - “ar” (like car)
 - “or” (like more)
 - “ear”
 - “ire” (like fire)
 - “air”
 - “er”
4. Intervocalic /r/: Say this sequence 5 times in a row. Make sure you hold out the /r/ in the middle before saying the rest of the sounds.
 - “ar-ah”
 - “or-oh”
 - “ear-ee”
 - “ire-iy”
 - “air-ay”
 - “er-uh”
5. /r/ Blends: Say this sequence 5 times in a row. Make sure you hold out the /r/ and focus on what your tongue is doing.
 - “brrrruh”
 - “prrrree”
 - “drrray”
 - “trrrry”
 - “shrrroo”
 - “grrrow”
 - “krrrah”
6. Initial /r/: Say this sequence 5 times in a row. Make sure you start with that great /r/ and hold it out before you move on.
 - “rray”
 - “rrree”
 - “rrriy”
 - “rrrow”
 - “rroo”
 - “rrruh”
7. Now say “eeerrrr-l” to practice the /r/ sound.

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