

Nasal vs. Oral Airflow

Introduction: When we say words with the /m/, /n/, or “ng” sounds, air comes through our nose. If a word does not contain those sounds, air is not supposed to flow through the nose. Use this activity to help the child see whether or not air is coming through the nose.

Instructions:

1. Get a small glass mirror and place it directly under the child’s nose. Make sure the reflective mirror part is right under the child’s nostrils, facing up. The edge of the mirror should be touching the child’s face right below the nose.
2. Have the child say the following words. With the first set of words, the mirror should fog up a little right below the nostrils. Help the child see that it fogged up and tell him/her that means that air came through the nose.
3. On the second set of words, there should be no fog on the mirror. Show the child the mirror after each word and see if the child can say the word without fogging up the mirror.

Nasal Words:

Say these words and see the fog on the mirror under your nose:

man many money moon nine mine humming

Oral Words:

Try to say these words without letting the mirror fog up:

cat top bat ball sit pet wipe take sip baseball at