



The Jolly Phonics Actions to assist learning phonemes (* plus a few of our own)

Please support your child each week by using these actions with the appropriate phonemes

- 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.*
- p** Pretend to puff out a candle on a finger and say *p, p, p.*
- i** Pretend to be a mouse by wriggling fingers at end of nose like whiskers and squeak *i, i, i.*
- n** Make a noise, as if you are a plane - hold arms out and say *nnnnnn.*
- 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.*
- 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*
- c k** Raise hands and snap fingers as if playing castanets and say *ck, ck*
- e** Pretend to tap an egg on the side of a pan and crack it into the pan, saying *e, e, e.*
- u** Pretend to be putting up an umbrella and say *u, u, u.*
- r** Pretend to be a puppy holding a piece of rag, shaking head from side to side, and say *rrrrrr.*
- h** Hold hand in front of mouth panting as if you are out of breath and say *h, h, h.*
- b** Pretend to hit a ball with a bat and say *b, b, b.*
- f** Let hands gently come together as if toy fish deflating, and say *f f f f f f.*
- l** Pretend to lick a lollipop and say *l l l l l l.*
- j** Pretend to wobble on a plate and say *j, j, j.*
- v** Pretend to be holding the steering wheel of a van and say *vvvvvv.*
- w** Blow on to open hand, as if you are the wind, and say *wh, wh, wh.*
- y** Pretend to be eating a yogurt and say *y, y, y.*
- z** Put arms out at sides and flap wings pretending to be a bee, saying *zzzzzz.*
- x** Pretend to take an x-ray of someone with an x-ray camera and say *ks, ks, ks.*
- qu** Make a duck's beak with your hands and say *qu, qu, qu.*
- ch** Move arms at sides as if you are a train and say *ch, ch, ch.*
- sh** Place index finger over lips and say *shshsh.*
- th** Pretend to be naughty clowns and stick out tongue a little for the *th*, and
- th** further for the **th** sound (*this* and **thumb**).

- ng** Imagine you are a weightlifter, and pretend to lift a heavy weight above your head, saying *ng...*
- ai** Cup hand over ear and say *ai, ai, ai.*
- ee** Put hands on head as if ears on a donkey and say *ee or, ee or*
- or** Hands up straight for *ee* and hands curled up for *or*
- igh** Stand to attention and salute, saying *igh, igh*
- oa** Bring hand over mouth as if you have done something wrong and say *oa!*
(as in *oh*)
- oo** Move head back and forth as if it is the cuckoo in a cuckoo clock, saying *u, oo;*
- oo** *u, oo.* (short and long *oo.*)
- ar** Open mouth wide as if at the dentist and say *ar*
- ur** *Rub knee as if it is hurt and say *ur, ur, ur*
- ow** Pretend your finger is a needle and prick thumb saying *ow, ow, ow*
- oi** Cup hands around mouth and shout to another boat saying *oi! ship ahoy!*
- ear** * Touch ear and say *ear, ear*
- air** * Pretend to brush hair and say *air, air*
- ure** * Hold nose as if there is a bad smell and say *ur, ur, ur*
- er** Roll hands over each other like a mixer and say *ererer.*