



## 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*.
- ck** 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 *ffffff*.
- l** Pretend to lick a lollipop and say *llllll*.
- 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*,  
**th** and 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; 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*.

