

## H – Tired Air Sound

(Show picture.) “Poor *H*! People think he looks like a big, old, comfortable chair, and when they’re tired, they come up and **sit** on him! When they sit down, tired air comes out of their mouths, like this, ‘Hhhhh.’ It looks like this tired person is really relaxing on poor *H*, doesn’t it? Let’s see if it’s relaxing when we sit on a chair and let tired air out. Stand up. Now let’s sit down on our chairs and let tired air out, ‘Hhhhh.’ Poor *H* – he’s probably getting tired of all that tired air!”

*Hand cue: Stand up, and then sit down in the chair, as if very tired, tilting your head and exhaling.*