

M – Nose Sound, Lips Closed

“How do we make this sound? ‘Mmmm.’ Yes, we put our lips together. If I put my lips together and keep them closed, though, where is that sound coming out? Let’s see if we can make this sound while we pinch our noses closed. (Pinch your nose closed.) No, we can’t! The sound is coming out of our noses! This is a nose sound with closed lips. You might be able to feel your nose sound turn on when you say ‘Mmmm.’ (Hold bridge of nose to feel the vibrations.) (Show picture.) Do you see that big nose up there in between the two pointy parts of this letter? Can you see that the lips are closed? This nose can smell M & M cookies baking and he’s rubbing his tummy, saying, ‘Mmmm!’ Let me see you close your lips, turn your nose on, and say, ‘Mmmm.’”

Hand cue: Pinch your nose with your index finger and thumb of one hand, or rub your tummy as if smelling something delicious.