



Actions to Match the Sound Mats

Phoneme	Graphemes & Image	Actions
's'	s as in sun ss as in dress c as in city st as in listen	Hold hands in a circle shape in the air. Flick hands by your waist like you're swishing a dress. Make a tall building with your arms. Cup hand behind your ear.
'a'	a as in ant	Tap your arm as if ants are on your arm.
't'	t as in tap	Twist your hand as if you're turning on a tap.
'p'	p as in panda	Circle fingers around eyes like a panda.
'i'	i as in igloo y as in gym	Rub arms and shiver. Lift a heavy weight.
'n'	n as in net kn as in knit gn as in gnat	Hold a fishing net and scoop catches out of the water. Use knitting needles. Swat your hands as in squashing the gnat.
'm'	m as in mouse mb as in lamb	Scurry fingers across the surface. With your little finger make two curly horns.
'd'	d as in dog	Digging movements with hands like a dog.
'g'	g as in gate gh as in ghost	Swing arm like a gate opening. Wave arms around like a ghost.
'o'	o as in orange a as in swan	Peel an orange. Place your arm upright with beak hand and 'swim' along the other arm as if it were a swan.
'c'	c as in cat k as in kitten ck as in duck ch as in school	Signal cat whiskers by your mouth. Knock a ball of wool with your 'paw.' Use your hand to quack as a beak to quack. Fingers on your lips and sit up straight.

‘e’	e as in elephant ea as in bread	Use your arm to swing your elephant trunk. Slice bread with your hand.
‘u’ as in *accent impacts on this box!)	u as in umbrella oo as in book oul as in could u as in push o as in some	Put an umbrella up. Open your palms as if opening a book. Shrug your shoulders as if you could or could not do something. Push something. Cup hands like you’re holding something.
‘r’	r as in rain rr as in cherry wr as in wrap	Rain falling with fingers. Swing a cherry in the air. Fold a tortilla.
‘h’	h as in hand	Hold one hand up like you’re saying stop.
‘b’	b as in bird	Flapping arms like a bird.
‘f’	f as in fish ff as in coffee ph as in dolphin gh as in laugh	Wiggle one hand like a fish swimming. Drink a coffee. Hold both hands together and dive them under the water. Pretend to laugh.
‘l’	l as in leg ll as in bell	Tap your leg. Ring an old school bell.
‘j’	j as in jam g as in giant ge as in cage dge as in fudge	Spread jam on hand using two fingers as a knife. Make yourself large like a giant. Open the cage with your hand. Rub your tummy for delicious fudge.
‘v’	v as in voice	Cup hands around mouth and say ‘v’ for voice.
‘w’	w as in water wh as in wheel	Pretend to hold a hose pipe with water coming out. Roll arms over one another like a turning wheel.
‘x’	x as in X	Cross arms like an x.
‘y’	y as in yawn	Yawn and stretch arms.
‘z’	z as in zip zz as in buzz se as in please	Zip up the front of your coat. Use your hands to buzz like a bee. Join hands and plead.
‘qu’	qu as in queen	Put a crown on.
‘ch’	ch as in chair tch as in catch t as in picture	Tap a chair you’re sitting on. Pretend to catch a ball. Take a photo.
‘sh’	sh as in shark ch as in chef	Hold your hand to your head as if it is a fin. Reveal the food from order a klosk.
‘th’	th as in thumb	Hold up your thumb.

'th'	th as in feather	Tickle under your chin with a feather.
'ng'	ng as in king	Bow to a king.
'ai'	ai as in snail ay as in play a-e as in cake ey as in grey igh as in eight a as in baby	Slowly trail hand around as if a snail moving slowly. Clap hands as if playing a playground clapping game. Slice a cake and eat it. Pretend to be old with a walking stick. Hold up 4 fingers on each hand. Rock a baby in your arms.
'ee'	ee as in tree ea as in beach ey as in key e-e as in athlete ie as in chief e as in me y as in pony	Hold arms in the air as if they are branches in a tree. Put your hands behind your head as if relaxing on a beach. Turn the key. Move arms as if running very fast. Hold up your arm to say 'hau!' Gesture to yourself. Ride a pony.
'igh'	igh as in light ie as in tie i-e as in kite i as in tiger y as in fly	Pull on a light cord as if turning on a light. Adjust your tie. Fly a kite. Hold up your hands as a clawing tiger. Swat a fly.
'oa'	oa as in boat oe as in toe o-e as in note o as in open ow as in snow	Row a boat. Hold up your big toe. Play the piano. Hold a door knob and open the door inwards. Sprinkle fingers as if snow is falling.
'oo'	oo as in moon ue as in glue ew as in screw	Draw a crescent moon in the air. Paste glue on the palm of your hand as if it were paper. Screw with a screwdriver.
'ar'	ar as in car a as in father al as in half	Drive a car. Rub your beard. Chopping action to cut something in half.
'or'	or as in fork aw as in saw au as in sauce al as in ball our as in four ough as in caught ore as in core	Feed yourself with a fork. Pretend to cut, 'saw' a piece of wood. Shake the ketchup bottle. Kick a ball. Hold up four fingers. Catch something with one hand. Swing an apple in the air.
'ur'	ur as in fur ir as in shirt er as in fern ear as in learn or as in worm	Cuddle a furry teddy bear. Do up the buttons on your shirt. Hold hands side by side and wave fingers as if the leaves of a fern. Tap your temple with your finger. Wiggle your finger like a worm.

‘ow’	ow as in cow ou as in house	Milk a cow. Hold hands up to a point to make the roof of a house.
‘oi’	oi as in coin oy as in toy	Count the coins in your hand. Turn the wind up key on a toy car.
‘ear’	ear as in ear ere as in here	Wiggle your ear lobe. Signal to come here.
‘air’	air as in air ere as in there air as in pair are as in bare	Brush your hair. Point over there. Put your feet together. Take your socks off.
‘ure’	ure as in cure	Inject a needle in your arm to ‘cure’
‘er’	er as in teacher	Point at the teacher.
‘yoo’	u-e as in cube u as in unicorn	Suck through a straw like having a cold drink. Hold fist on your head as if you were a unicorn horn.