

American T Practice

True T - regular old T

<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>	<i>True T</i>
time	return	control	tell	town	
strong	touch	stand	most	study	
continue	tolerance	today	stop	until	
routine	intelligent	between	fantastic	understand	
tomorrow	totally	fact	take	street	

Held T - no release of air

<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>	<i>Held T</i>
that	might	treatment	amount	patient	
great	network	event	wait	partner	
recently	moment	point	report	forget	
eat	late	different	eight	expert	
significant	statement	difficult	minute	seat	

Flap T - Sounds like /d/

Day 1	Day 2	Day 3	Day 4	Day 5	Flap T
water	community	activity	possibility	meeting	
little	party	data	notice	whatever	
united	better	photo	beautiful	pretty	
city	writing	bottle	effective	authority	
later	matter	letter	positive	strategy	

Vanishing T - disappears completely!

Day 1	Day 2	Day 3	Day 4	Day 5	Vanishing T
international	representative	advantage	county	wanted	
center	enter	identity	percentage	twenty	
internet	interview	interfere	intervention	plenty	
interrupt	interstate	interactive	printer	planted	

How to Use this List

Before you begin with this list, make sure you are able to listen and hear a clear distinction between the different T sounds in the video lesson. Then, make sure you are able to imitate the sample words in the video with increased awareness of how your mouth position and movements differ for each T.

Place this list somewhere where you will access it every day this week. If you like to print things out, some ideas could be by the mirror in the bathroom, on the kitchen counter, on the front door, in your planner, or taped to your desk. You can also set reminders to access your digital copy on your phone, tablet or laptop.

Practice the 20 target words for five minutes, 4 times each a day (20 minutes total), Monday through Friday.

Use your smartphone or another recording device to record yourself, then *listen*. How does your American T sound?

Practice the words alone, then try to put them into your own quick phrases or short sentences. This step is crucial- we rarely use just one word at a time in conversation and making up your own phrases and short sentences engages the spontaneous speech generation portion of your brain.

As you begin to notice words you use in your everyday conversations that have the American T sounds, be sure to add them to your list. You will have professional and technical terms in your daily vocabulary that are unique to you and your daily interactions. Make sure these words are incorporated into your practice.

Remember- short bursts of practice throughout the day (just 5 minutes a round!), every day will make a *much* bigger impact than trying to focus on practice for 20 minutes after you eat breakfast, while you walk the dog, during your workout or yoga stretches, or worse, trying to squeeze a week's worth of practice into thirty minutes before you go to bed Friday night. With just a few minutes of focus, 4-5 times each day, *every day* you will see progress in your ability to produce this sound and make conscious adjustments in your everyday conversations.