"KARLA"

To stimulate an “R” sound, practice the following:

1. Open your mouth wide. Say /ka/ /ka/ /ka/ /ka/ /ka/

2. Now, put your tongue tip up behind your top teeth and slide it back along the roof of your mouth.
   a. Keep your tongue tip on the back of the roof or your mouth and then “flop” it down as you say: /la/ /la/ /la/ /la/ /la/


4. Doing the same circular movement of your tongue to say /ka-la/ do it a little faster and say: /karla/ /karla/ /karla/ /karla/ /karla/
   • You should start to hear the /er/ sound in the middle

5. Now, we are going to fade away the words to say /r/

6. Whisper the /la/ in the word, by saying /kar “la”/ /kar “la”/ /kar “la”/ /kar “la”/ /kar “la”/

7. Just move your mouth this time when it comes to the /la/, only say the /kar/ part (remember the circular motion of your tongue):
   /kar la/ /kar la/ /kar la/ /kar la/ /kar la/

8. Now only say in the same circular motion: /kar/ /kar/ /kar/ /kar/ /kar/

9. Repeat the directions above #1-8 ten times.