

## Smooth Movement Words

1. **mmmmy** (my)
2. **mmmman** (man)
3. **mmmmail** (mail)
4. **mmmilk** (milk)
5. **mmmop** (mop)

1. **lllow** (low)
2. **lllaugh** (laugh)
3. **lllike** (like)
4. **lllead** (lead)
5. **lllearn** (learn)

1. **nnno** (no)
2. **nnnear** (near)
3. **nnnine** (nine)
4. **nnnew** (new)
5. **nnneck** (neck)

1. **rrrun** (run)
2. **rrrest** (rest)
3. **rrride** (ride)
4. **rrrub** (rub)
5. **rrred** (red)

1. **wwwwhat** (what)
2. **wwwwhen** (when)
3. **wwwwhy** (why)
4. **wwwwhere** (where)
5. **wwwwhich** (which)

1. **vvvvan** (van)
2. **vvvvest** (vest)
3. **vvvvine** (vine)
4. **vvvvote** (vote)
5. **vvvvoice** (voice)

**Smooth Movement Words (cont.)**

1. **yyyyou** (you)
2. **yyyyes** (yes)
3. **yyyyell** (yell)
4. **yyyyawn** (yawn)
5. **yyyyou're** (you're)

1. **thhhhat** (that)
2. **thhhhhis** (this)
3. **thhhhese** (these)
4. **thhhhhen** (then)
5. **thhhhhey** (they)

1. **zzzzoo** (zoo)
2. **zzzzip** (zip)
3. **zzzzone** (zone)
4. **zzzzap** (zap)
5. **zzzzoom** (zoom)

1. **jjjjump** (jump)
2. **jjjjet** (jet)
3. **jjjjoke** (joke)
4. **jjjjam** (jam)
5. **jjjjoin** (join)

Write down and practice additional one syllable words that begin with “stretchable” consonants. Remember that the “stretchable” consonants include: m, n, l, r, w, y, v, voiced th, z and j.

---



---