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## ENCOURAGING A FLEXIBLE TONGUE

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Andijon viloyati pedagoglarni yangi metodikalarga o'rgatish milliy markazi ingliz tili fani o'qituvchisi

Ushbu uslubiy tavsiya Andijon viloyati pedagoglarni yangi metodikalarga o'rgatish milliy markazi ilmiy-kengashining 2024-yil \_\_\_ martdagi \_\_-sonli qarori bilan tasdiqlandi va foydalanishga tavsiya etildi.

O'zbekiston Respublikasi Maktabgacha Va Maktab Ta'limi Vazirligi  
Andijon Viloyati Pedagoglarni Yangi Metodikalarga O'rgatish Milliy Markazi  
Tillarni O'qitish Metodikasi Kafedrasini Ingliz Tili Fani O'qituvchisi Nurillo Jambilovning  
Umumta'lim Maktablar O'quvchilariga So'zlarni To'g'ri Talaffuz Qilishda Qo'llaniladigan Innovatsion Mashg'ulotlar Mavzusida

## USLUBIY TAVSIYASI



ANDIJON 2024



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Mazkur uslubiy tavsiya umumta'lim maktablarida ingliz tili fanini o'qitishda ahamiyat berilishi zarur bo'lgan va qo'llanishi maslahat etilgan metodik tavsiyalar keltirilgan. Ushbu tavsiyalar umumta'lim maktab o'qituvchilarining barcha darajadagi o'quvchilari uchun birdek foydali bo'lib, darslarning sifat va samaradorligiga erishish, o'quvchilarning ingliz tilidagi so'zlarni to'g'ri talaffuz qilishi hamda suhbatdoshni yaxshi tushuna olishi uchun xizmat qiladi deb umid qilamiz.

## ABSTRACT

This presentation highlights innovative pronunciation strategies to practice tongue movements and word stress. Five creative and learner-centered strategies will be explained and practiced with the goal of developing a “flexible tongue” to improve pronunciation ability in beginning and intermediate learners.

## INTRODUCTION

English teachers of secondary schools in Uzbekistan who attend in-service training courses need to learn and practice varied pronunciation strategies not only for their professional development but also for their students' benefit. However, EFL teachers usually mispronounce English words due to a lack of practice or they have not been introduced to innovative methods of teaching pronunciation as they studied based on grammar-translation method. As a result, students at schools taught by EFL teachers are likely to mispronounce the words, repeating the words incorrectly as they were modeled. Correct pronunciation is crucial for oral communication and is a significant part of communicative competence (Hismanoglu 2006). In addition, EFL teachers should take courses and materials that help them improve their pronunciation instruction (Frazer 2000). Teacher-trainers have the responsibility to support EFL teachers by focusing on the pronunciation of new sounds, words, sentences, and phrases. Pronunciation strategies are necessary to support EFL teachers in first correcting their own pronunciation and secondly to use the strategies in their own classrooms. EFL teachers with lower level English proficiency can correct their habitual mispronunciations through specific targeted activities. In this presentation, the participants will be introduced to five effective strategies of pronunciation including Unfamiliar Words, Rubber Bands, Lip Reading, Tongue Twisters and Whisper. Every single strategy will be demonstrated separately, and



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the participants practice each one in order to use them in their interactive, student-centered classes. Suggestions for giving feedback on English pronunciation will be offered.

### WHY UZBEK LANGUAGE IS NATURALLY MUCH MORE FLEXIBLE COMPARING TO OTHER LANGUAGES?

There are a number of serious reasons why Uzbek language is considered one of the most flexible language in the world. They are given below:

- Invasions of other language speakers throughout long history
- About the similarly pronounced words with different meaning
- Borrowed words from other countries
- Practice makes perfect
- Listening techniques to improve “Flexible Tongue”

### INVASIONS THROUGHOUT HISTORY

#### Persian kings occupied the territory of Central Asia in 500 BC

Modern Uzbek words with Persian origin:

Mainly food and plants, e.g. bread, meat, tree, vegetable

Males and Females names and other more than one hundred words which have been still used in Modern Uzbek language originally came from Persian language. The examples are:

Bahor – spring,

Agar – if,

Anjir – fig,

Arzon – cheap,

Bodring – cucumber,

Olmos – diamond,

Bo’g – garden

Daraxt - tree

Osmon – sky

#### Greek invasion in 4<sup>th</sup> century BC

Alexander the Great occupied the territory of So’g’diyona which was part of Khorezm, Uzbekistan

Pediatric is a Greek word is pronounced the same in Uzbek



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- **Arabic invasion in 8<sup>th</sup> century**

Words begin mainly with A, H, M, Q are originally Arabic words

There are th (δ) and th (θ) letters in Arabic language

- **Mongolian invasion in 13<sup>th</sup> century**

It has also a huge impact in pronunciation of Uzbek words

Some popular names in modern Uzbek came from Mongolia, Andijan, Qarshi, Bahodir

- **Russian invasion in 19<sup>th</sup> century**

Russian words are usually:

Technical ones – factory,

Transportation - bus, car, plane

Education – university, college

- **About the similarly pronounced words with similar meaning**

Who? – kim?, Chauffeur – sho'per, shafyor, shoper

Pistachio – pista, Stool – stul, Foot - put

- **Borrowed words from English language**

Internet, computer, printer, scanner, Business, feedback, decade, motivation

### PRACTICE MAKES PERFECT

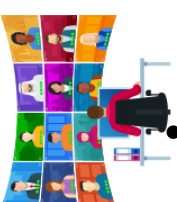
Even “Flexible Tongue” owners have difficulties to pronounce English words correctly unless they practice constantly and correctly. In order to improve the language, it is advised for learners to practice how to pronounce in different ways and techniques. The following fruitful activities will help teachers to encourage their students to pronounce English words correctly. With the help the given activities we aimed to support teachers and language learners not to make many mistakes again and again. Furthermore, these activities are full of joy as a result, students will not become bored during the classes.

- Lip Reading

- Rubber Band

- Tongue Twister

- Whisper



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## LIP READING

t	d	id
Finished, cooked, practiced, stopped, missed, walked, talked, liked, crashed, washed, watched, discussed, booked, hoped,	loved, opened, rained, believed, arrived, called, moved, tried, enjoyed,	ended, visited, started, wanted, hated, decided, avoided, expected,

How can you help your EFL students with their pronunciation without breaking out the phoneme charts every lesson? One quick and easy activity is EFL Lip Reading. I often use this activity when I need my students to practice their pronunciation. It also works great as a quick vocab or grammar review and I always keep it in my back pocket for emergencies. You can easily and productively use up those unplanned extra minutes at the end of your lesson with this simple EFL activity.

### Why EFL Lip Reading Works with Children

**An Early Skill:** Lip Reading uses an L1 skill that all children developed as infants. At about 6 months old babies are well-oiled language learning machines. It's around this time that they shift from primarily looking at people's eyes and start watching their mouths as well.

They recognize that lips provide crucial information for making the same sounds as their parents. They'll continue watching mouths for months as they also babble and experiment with learning their first words.

This skill is still present in your preschool and primary school EFL students. You'll find that they are amazingly good at reading lips, even in English and with relatively new words. Even older students can do this activity pretty well.

In my experience, I've introduced new vocabulary at the start of a lesson and then had three-year-old students reading my lips less than fifteen minutes later.





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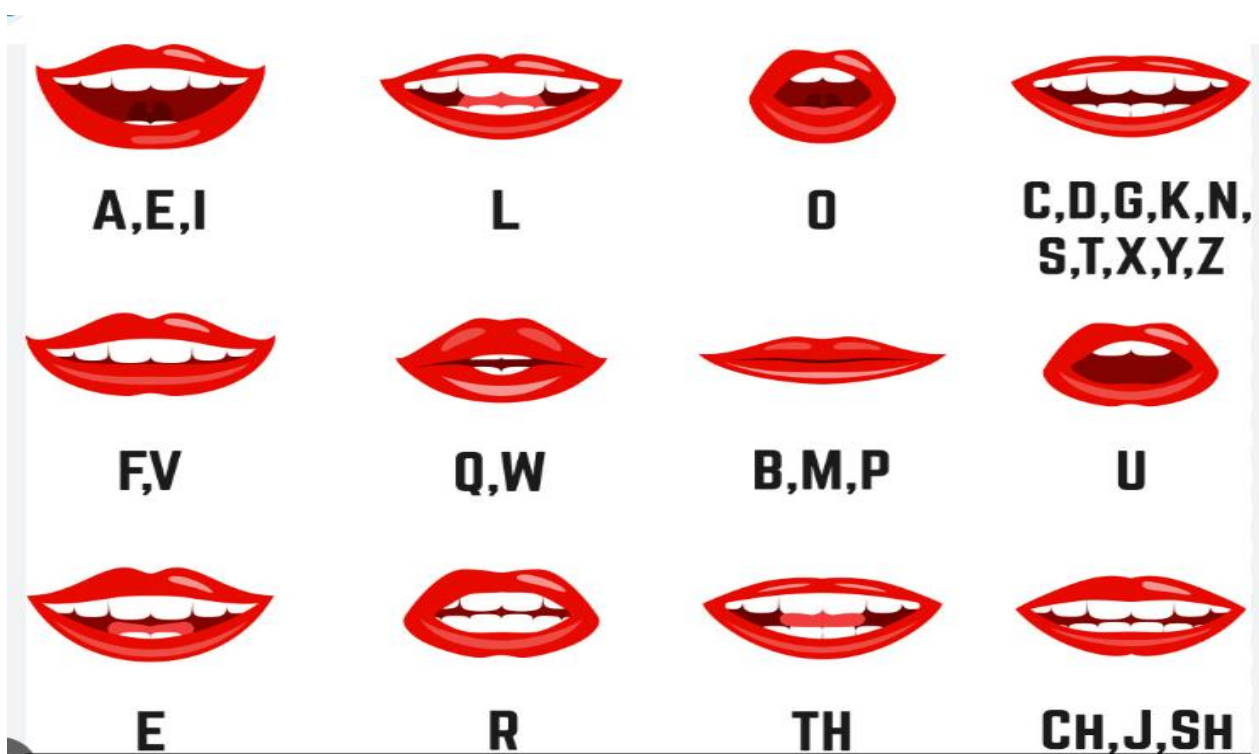
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The skill fades over time with lack of use, but my 10-year-old students are still automatically far better at it that I am (even with some practice).

**EFL Benefits:** Getting your students to practice lip reading is a great way for them to improve their pronunciation while also reviewing vocabulary or even grammar. You'll often see students silently mouthing after you to mimic you. They'll notice and pick up how you form the words with your lips.

This works for the whole word or phrase as well. In Uzbekistan Andijan Regional National Center of Teaching Innovative Methods to Public School Teachers, where I work as a teacher trainer, participants teaching in secondary schools often struggle with word endings. Using lip reading can get students to focus on how your lips are shaped at the end of words and remind them of final syllables that they often drop or mispronounce.



EFL Lip Reading Activity Basics

**Limited List:** To do this activity you first need to set a topic or list of vocabulary to limit students' options. Limiting the potential answers really helps students quickly figure out the answers – even if you just limit by topics such as “fruits” or “jobs.”

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**Speak Silently:** Next, stand at the front of the class in a spot where everyone can clearly see your mouth. I like to say “Look at my mouth. What am I saying?” and then silently mouth the word. Students watch and then call out the word as a class.

**Everyone Answers:** Your students can either shout out the answer together or raise their hands. Some teachers like to turn it into a competition between teams, but I find that’s not necessary. The kids are always happy to play for a few minutes without winners.

**Speak Sentences:** For added challenge you can also silently mouth short sentences or phrases. Instead of “apple” you could say “I like apples.” or “eat an apple” Kids get really good with that as well and it’s great for reviewing the lesson’s grammar.

Extra EFL Lip Reading Tips

**Lesson Staging:** You can put this activity in many different stages of the lesson. First, it works fine as a quick review of the previous lesson’s content. It also goes great right after you’ve presented the target vocabulary or grammar. I’ll often hold a flashcard to my chest, say “What’s this?” and silently mouth the word. Finally, it goes well at the end of your lesson if you want to shore up some of your students’ pronunciation or use the last few extra minutes of your lesson productively.

**Settle Students:** This activity is great for getting students to quietly focus on you. You’ll feel the energy of the classroom settle down and get concentrated. I like to quickly use this activity for a minute or two to calm an over-excited class down after using an attention routine.

**Keep It Natural:** A lot of teachers are tempted to overemphasize their lip movements when forming the letters. It’s best to try to keep it as natural as possible so you don’t distort what the kids are seeing.

**Play Together:** Students are also able to play this game with each other once their pronunciation has gotten fairly accurate. Put students in pairs or small groups for game of Speed Speak. They can choose a word from the board or from a deck of cards to silently mouth. This often forces them to be more careful with their word formation.

Teachers pronounce the words without any voice and students should find out what word is pronounced. At first teachers should be sample to say the words correctly and ask students repeat after them. Later, they have to have LIP READING activity based on the learnt words. As a result, students will pronounce the new vocabulary



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correctly and any listener will not have any difficulties to understand the meaning of the pronounced words.

Learning how to lip read improves focus which improves your ability to communicate with your friends and family. It is especially valuable in background noise and adding another skill to your communication toolbox builds your confidence and will make you more successful in your conversations.

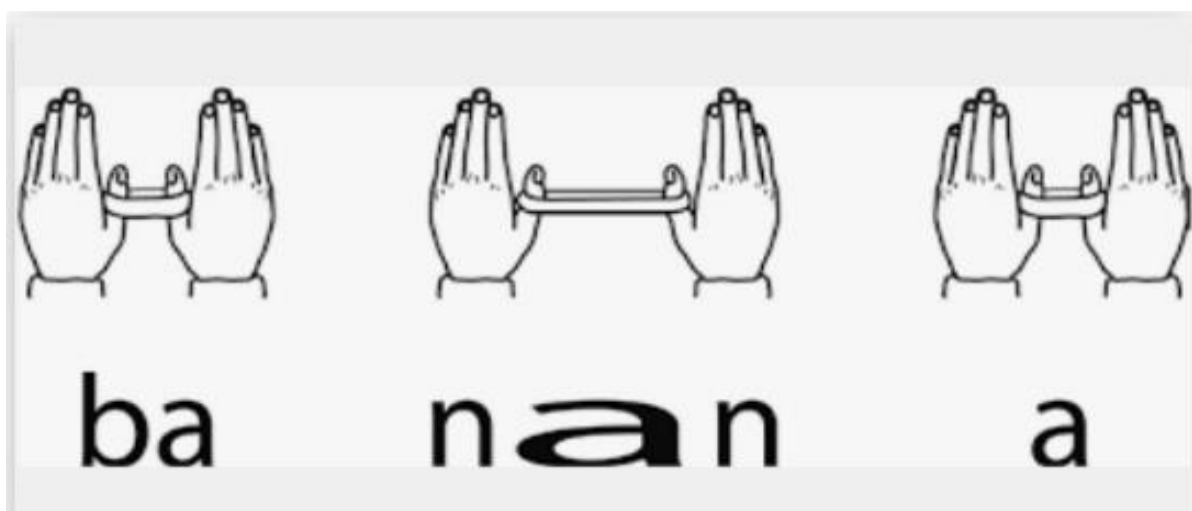
Lip reading is the art of being able to see, interpret and understand speech sounds. It also includes interpreting expressions, gestures and the surrounding area to help put together what is being said.

When you're learning to lip read with a dedicated teacher, you'll develop and practice new skills designed to help you have an easier learning experience.

These skills can include:

- Learning and understanding the cues of a speaker's mouth, teeth and tongue
  - Understanding what different facial expressions, body language and gestures mean alongside the words that are being spoken
  - How to use your vision to assist with your listening
  - Using prior knowledge to help fill in the gaps in the conversation (you won't be able to lip-read every word)
- Surprising lip-reading fact: It's actually easier to lip-read longer words and whole sentences than shorter words!

### RUBBER BAND





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**Purpose:** The role of stress in pronouncing English is different than most other languages. This activity can be used to both demonstrate and practice this key aspect of pronunciation.

**Prep Time:** 5 minutes

**Materials:** one rubber band for demonstrating; a class set of rubber bands for practice; a list of vocabulary words or valuable sentences that fit with the lesson topic

**Prep:** Create the list of words or sentences to practice and ensure that you know how they are stressed when pronounced. If necessary, look up words in a dictionary to learn typical stress patterns.

**Background Information about the Role of Stress in Pronunciation:** What is stress (in English)? Why does it matter? A stressed syllable in English is both louder and longer than the other syllables. More specifically, the vowel sound in that syllable is longer than the other vowel sounds. Many language learners put equal stress on all syllables, making them more difficult to understand. There is a meaningful difference between the words REcord (noun) and reCORD (verb). Putting emphasis on the wrong syllable is confusing to the listener. Sentence stress is used to let the listener know which information is important and new. There is a meaningful difference between these two statements: My BROther lives in Maryland; My brother lives in MARYland.

### Procedure:

1. When introducing some new vocabulary, or when practicing useful statements that students will say frequently (i.e. I am learning English), hold up your hands, palms outwards and place a rubber band on your thumbs.
2. Say the target word or sentence. Every time you say a syllable stretch the rubber band a little. When saying a stressed syllable, stretch the rubber band noticeably farther.
3. Repeat with another word. Students will see that the stressed syllables are longer.
4. Students repeat after you and stress the correct syllable(s).
5. If desired, give each student a rubber band to practice saying the correct stress patterns.



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6. Call on a few individual students to check their pronunciation and model again if needed.

### Notes:

1. Old rubber bands may snap. You may wish to test them before giving them to students.
2. This activity works well with number words such as fifty/fifteen, sixty/sixteen, etc. The teen words are stressed on the second syllable.

### THE LIST OF MOST MISPRONOUNCED WORDS at schools in Uzbekistan:

- Hideous
- Charitable
- Information
- Monotonous
- Admirable
- Cathedral
- Amazing
- Opponent
- Examiner
- Priority
- Certificate
- Candidate
- Numerous
- Affordable
- Potent
- Gauge
- Recipe
- Receipt
- Butcher
- ballet
- buffet
- Chevrolet
- Chicago
- Thumb
- Unwind
- Extremely
- Unique
- Upon
- Efficient
- doubt

A **rubber band** (also known as an **elastic band**, **gum band** or **lucky band**) is a loop of rubber, usually ring or oval shaped, and commonly used to hold multiple objects together.



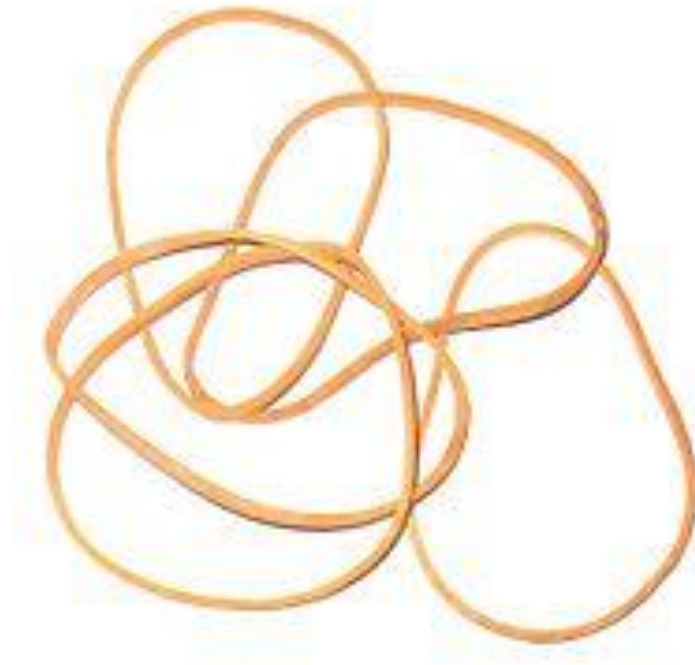
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## TONGUE TWISTER

English tongue twisters are a fun and challenging way to practice pronunciation and master your fluency in the language. Yet, some of them can be pretty challenging, even for native speakers! Today's article will show you the most famous tongue twisters and hard-to-pronounce expressions. Also, we will find out if pronunciation is the only skill we can nail by practicing tongue twisters.

### English Tongue Twisters: In a Nutshell

Of course, we can't start with anything else but a short definition. What exactly are those tongue twisters? Luckily, their meaning is not complicated – they are precisely what you think they are. The Cambridge Dictionary defines a tongue twister as a phrase or expression created to be difficult to pronounce, especially when you repeat it quickly or often. Tongue twisters in English can be divided into several categories, depending on different factors. Here are the three main ones:

**By length.** As you can guess from the name, these tongue twisters can have different sizes – short, medium, or long.

**By difficulty level.** Some challenging-to-pronounce expressions were explicitly created for kids, while others will be tricky even for adults. In this category, they can be easy or hard.

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**By the sounds.** Most tongue twisters are made for mastering a particular sound.

Therefore, they can be divided according to their primary sound practice goal.

People have been using good tongue twisters for hundreds of years. Today, they are still widely popular. Now you know some general information about such expressions. And it means it is time to get acquainted with the best examples of difficult sayings in English.

### Funny Tongue Twisters

One of the main rules of teaching English is that learning language must be as fun and exciting as possible. We don't want you to get bored and tedious during your studying process. That is why we've decided to start your acquaintance with good tongue twisters with the funniest ones. Here is the list of hilarious expressions that will totally make you giggle!

And finally, it is time to relax a little. You and your tongue are probably already tired of those difficult (and sometimes nonsensical) expressions. That is why we've provided you with some short, simple, and understandable tongue twisters. You can find the most straightforward tongue twister example list below.

Sheena leads, Sheila needs.

Selfish shellfish. (Repeat many times)

Pad kid poured curd-pulled cod.

The big bug bit the little beetle.

Tom threw Tim three thumbtacks.

Give Papa a cup of proper coffee in a copper coffee cup.

Linda-Lou Lambert loves lemon lollipop lip gloss.

Specific Pacific. (Repeat many times)

Toy boat. Toy boat. Toy boat. (Repeat many times)

Fred fed Ted bread, and Ted fed Fred bread.

### Tips for Mastering English Tongue Twisters

We always say that practice makes perfect. Therefore, the best way to learn to pronounce complex phrases is to repeat them as often as possible. But it is not the only advice we can give you. Here is a list of valuable tips to help you learn and pronounce both challenging and fun tongue twisters.

Begin by saying the tongue twister slowly and clearly. Pay attention to how each sound feels in your mouth.



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Break the tongue twister into smaller parts and practice each piece separately. Once you are comfortable with each part, put them all together.

Focus on saying the sentence accurately rather than trying to say it quickly.

Write the expression down, or use pictures to help you remember it. Visual aids can help you associate sounds with words and images.

Record yourself saying the tongue twister and listen back to it. This will help you identify areas where you need to improve.

And one last tip for you. Remember that tongue twisters are meant to be entertaining. Don't get frustrated if you don't get it right the first time. Just relax, and you will see the results much faster. You can also use these expressions to challenge your friends – it is a great way to practice and have fun at the same time.

### **The Main Benefits of Learning English Tongue Twisters**

Now that you know almost a hundred new tongue twisters, you probably wonder why exactly we told you about them. Well, as you may notice, our blog is all about English. And we do our best to provide our readers with the most beneficial topics for their learning. Tongue twisters also have many advantages. Here are only a few of them:

By practicing tongue twisters, you can improve your fluency and ability to speak English smoothly and confidently.

Tongue twisters require precise coordination between the lips, tongue, and other speech organs. Mastering them can help you develop greater control over your speech.

Hard-to-pronounce expressions can be challenging to say correctly, but they can give you a sense of accomplishment and build confidence when speaking English.

Listening to others saying tongue twisters can help you strengthen your listening skills and comprehension of spoken English.

Reciting the best tongue twisters requires memorization, which can help improve your memory and cognitive abilities.

Can you believe it? Those funny (even gibberish sometimes) sentences and word jokes can have such a significant impact on your English level. Today, you've taken one step closer to achieving fluency. And we believe that after learning only a few tongue twisters listed above, you will be pleasantly surprised with your pronunciation.





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Practicing tongue twisters alone can be even more challenging for unprepared students. Therefore, they need some help from professionals. And Promova is the best platform to find one in a matter of minutes. This international language-learning multitool has been here for a while, and they know exactly what you might need.

You can choose from many options based on your studying motivations. For example, if you want to work with a professional teacher, you can join personal or group lessons. All you have to do is pass a quick proficiency test and start learning immediately. And if you are still hesitating, Promova offers students a free trial lesson – with its help, you can find out all the details before making your final decision.

But that's not all! There are many features available for those who are not interested in lessons. For example, you can install the Promova app and access tons of unique content and materials to practice on the go. And a free Conversation club is a great option for those who want to strengthen their speaking skills and discuss fascinating topics simultaneously. As you can see, many exciting things are available – so go and find the perfect one for you.

To sum up, we can say that tongue twisters are a perfect option for English learners. They are not only fun and tricky; they can also benefit your studying process. We hope this technique was helpful.

### CHINESE WHISPER

A great way to engage children in communication activities is to play simple games such as Chinese Whispers. This activity helps to develop communication skills of active listening and speaking clearly for children.

Children engage in the traditional, verbal game of Chinese Whispers. They identify the importance of speaking clearly and listening carefully when communicating with others

#### Activity Description

1. Explain to children the importance of speaking clearly and listening when communicating with others.
2. Explain how to play the game 'Chinese Whispers'.
3. Get children to predict what might happen to the message as it is passed down the line.



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4. Write down the message on a piece of paper before whispering the message to the first child.
5. The final student is to write down the message they received.
6. Educator to facilitate discussion on reasons why the message changed (e.g. low voice unable to be heard, not concentrating when the message is given, intentionally changing the message).
7. Discuss comparison about writing message verses giving a verbal message.
8. Continue playing the game until all students have had a turn at being the final message giver.

All students enjoy playing the game with continuing to playing the game with other children later in the afternoon. Towards the end of the session, students enjoyed playing with words by intentionally changing them.

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