



# How Can English Learners Practise the /v/ and /w/ Sounds?

S06E22 | For teachers to adapt to their learners

## Purpose

Practise the sounds in contrasting words and make the mouth movements visible. In S06E22, Em explains that /v/ uses the upper teeth against the lower lip, while /w/ uses rounded, forward lips without that contact.

## Try this in your next lesson

Model vest/west, then say west, vest, wine, vine without showing the spelling. Learners identify each word before practising the contrast.

## Our suggested routine

- ☐ Show or say one word from a pair, such as “vest” and “west”.
- ☐ Ask learners to identify which word they hear.
- ☐ Practise saying each word, noticing the lip and teeth position.
- ☐ Use tongue twisters or ask pairs to collect more V and W words.

## A classroom example

Use familiar pairs such as vest/west and wine/vine. After the listening check, partners take turns saying a word for each other to identify. Finish with a short sentence, such as The vine is by the west wall. These are our classroom adaptations. Aim for an understandable contrast before trying a tongue twister.

## Answers and teacher guidance

Listening sequence: west, vest, wine, vine. /v/ uses light tooth-to-lip contact; /w/ does not.

## After the attempt

What worked? What needs another model or a smaller step? Note one change for next time.

Read the full explanation and examples:  
[howtoenglishpod.com](https://howtoenglishpod.com) - S06E22 article