

# **L Blend Complexity Comprehensive Resource**

Garth Schindel - SLPatHome

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LKT Contrasts ..... **Error! Bookmark not defined.**  
LMD ..... **Error! Bookmark not defined.**  
LML ..... **Error! Bookmark not defined.**  
LMND ..... **Error! Bookmark not defined.**  
LPS ..... **Error! Bookmark not defined.**  
LPS Contrasts ..... **Error! Bookmark not defined.**  
LPT ..... **Error! Bookmark not defined.**  
LPT Contrasts ..... **Error! Bookmark not defined.**  
LRZ ..... **Error! Bookmark not defined.**  
LTR ..... **Error! Bookmark not defined.**  
LTR Contrasts ..... **Error! Bookmark not defined.**  
LTS ..... **Error! Bookmark not defined.**  
LTS Contrasts ..... **Error! Bookmark not defined.**  
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NgGL ..... **Error! Bookmark not defined.**  
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MBL ..... **Error! Bookmark not defined.**  
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MFL ..... **Error! Bookmark not defined.**  
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MPL ..... **Error! Bookmark not defined.**  
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NDL ..... **Error! Bookmark not defined.**

NDL Contrasts ..... **Error! Bookmark not defined.**  
NKL ..... **Error! Bookmark not defined.**  
RBL ..... **Error! Bookmark not defined.**  
RDL ..... **Error! Bookmark not defined.**  
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RPL ..... **Error! Bookmark not defined.**  
SPL at the Start of Words ..... **Error! Bookmark not defined.**  
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ZLD ..... **Error! Bookmark not defined.**  
ZLZ..... **Error! Bookmark not defined.**

## About the Author

I have been helping children and their parents for over 33 years as a licensed speech-language pathologist. I have worked in many settings with many different parents and children. I want to pass on some of the tips and tricks that I have learned along the way.

More information on speech and language therapy and all of my programs can be found on my website: [Speech-TherapyAtHome.com](http://Speech-TherapyAtHome.com)

I would love to hear from you if you have any questions or comments. I can be reached at [SLP@Speech-TherapyAtHome.com](mailto:SLP@Speech-TherapyAtHome.com)

Garth Schindel, SLPatHome

## Disclaimer

While I am a certified speech-language pathologist and all the ideas in this book are ones that I use with the children and parents who come to see me, this program does not replace an assessment or treatment with a speech-language pathologist or any other professional.

## Introduction

This program is intended for speech-language therapists, teachers and others who are already familiar with how to help children with sounds.

I've combined three highly effective tools: Complexity, Sound Cues and Contrasts, to help you work on speech sounds in the most effective way possible.

**Complexity** is a powerful method to help children establish speech sounds and speech sound patterns with maximum efficiency. This program focuses on L blends with more than 2 elements. I also have programs that focus on R blends and S blends.

I've made this program to be a comprehensive resource. I've included as many practice images for each of the L blends as reasonably possible. In total, there are 330 L Blend practice words and 48 sets of contrasting words. This is more that you will likely ever need to work on with one child but they are there if you need them. Find the ones that work for you and your clients.

**Sound Cues** provide children with the information they need to fully understand the sounds that make up words. I've added my Ultimate Sound Cues to each practice word to make the Complexity Approach even more powerful. Sound Cues help children understand what sounds are in each word and provides the support needed for them to make each sound correctly.

My Ultimate Sound Cues are included as a free addition to this program. More information on Sound Cues can be found on my website.

**Contrasts.** Similar to minimal pairs, words that differ by only a few sounds help children learn that changing or adding sounds changes meaning. Showing children that “Shelves” is made up of / can be broken down into “Shells”, “Shell” and “Ls” helps them to understand the importance of saying each sound in the bigger word. The contrasts can also be used to help children build up to the harder 3 element words. Backward chaining is one of my favorite ways to help children say harder sound combinations.

Contrasts are provided when possible. Not all words break down in to smaller words.

All of the images in this program are provided both in full colour and in printer friendly back and white.

I hope you find this program useful. Please let me know if you have any questions.

You can email me at [SLP@Speech-TherapyatHome.com](mailto:SLP@Speech-TherapyatHome.com)

Garth Schindel SLPatHome

## Ultimate Sound Cues

Sound Cues help children to say sounds correctly and to fully understand the sounds that make up each word. Every sound in English is represented by its own Sound Cue. English is confusing. Sound Cues help.

There are 3 parts to each Sound Cue:

- Picture Symbol
- Label
- Hand Gesture

**Picture Symbols** are unique images that represent each sound. They make it easier for children to know what sounds are in each word and what sound they are expected to say. Each practice word is accompanied by picture symbols for each sound in the word.

**Labels.** Each sound cue has its own label. Labels help younger children to know what sound you are talking about.

**Hand Gestures.** Each sound cues has a unique hand movement. Gestures, especially ones that mimic how the sound is made in the mouth, are powerful prompts to help children make sounds correctly. The gestures help children to know what their tongue and lips should be doing to make the sound.

There are two Sound Cues for R. The Race Car is for R that is usually at the start of words. The Angry Bird represents the R in Vowel R's and in R blends. "Race" and "Angry Bird" Rs also have two different hand gestures. One for the bunched R and one for the tongue tip R. Use the ones that work best for your child.

The Sound Cues are first presented in a small format that shows the Picture Symbol and the Labels. I often cut apart these Picture Symbols and help children to find the sounds that make up each word. They can then add or take away sounds to change the word. Multisensory learning is always best. Larger formats are available on my website.

Next, the Sound Cues are in a grid showing the Picture Symbol on one side and the Label, Hand Gesture on the other side. I like to print these out on either card stock paper or laminate them. I use them as visual prompts for the different sounds. If this is too much information for your child to look at, try folding the cards in half so the label and gesture are on the back.



B as in "Boy"



P as in "Pop"



C/K as in "Can"



G as in "Go"



T as in "Top"



D as in "Drum"



F as in "Fun"



V as in "Van"



H as in "Happy"



J as in "Jam"



L as in Laugh



M as in "Mom"



N as in "No"



Qw as in "Queen"



R as in "Run"



IR as in "Bird"



S as in "See"



Z as in "Zoo"



W as in "We"



Y as in "Yes"



Ch as in "Chip"



Sh as in "Shoe"



Zh as in "Treasure"



Th as in "Think"



Th as in "There"



Ng as in "Ing"



Short A as in "Cat"



Short E as in "Pet"



Short I as in "It"



Short O as in "Off"



Short U as in "Up"



u as in "Book"



Long A as in "Ape"



Long E as in "Eat"



Long I as in "Pie"



Long O as in "Toe"



Long U "Oops"



Oi as in "Oil"



Ow as in "Cow"



Ew as in "Few"



## Bounce

B as in "Boy"

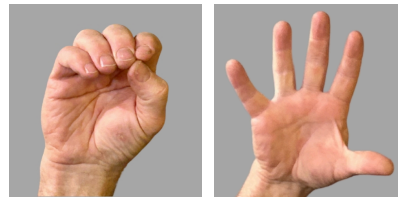


Hand facing out, fingers together. As you make the B sound, pop open your fingers. Other index finger shows that voice is on, if needed.



## Pop

P as in "Puppy"

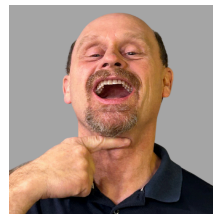


Start with your hand facing out and all of your fingers together. As you make the P sound pop open your fingers.



## Cough

C/K as in "Can" or "Key"



Index finger horizontally across your throat. Move finger gently up and back. Then move it quickly away as the sound "explodes" out.



## Gargle

G as in “Go”



Same as K / C but use both index and middle fingers to show that voice is on.



## Tip Toe

T as in “Toy”



Place the tip of your index finger on the center of your upper lip and tap lightly.



## Drum

D as in “Dog”



Tip of index finger on the center of your upper lip and tap lightly. If needed, touch your other index finger to your throat to show that voice is On.



## Funny Bunny

F as in “Fun”



Place the tip of your index finger at the mid-point just below your bottom lip, press gently and hold as you make the sound.



## Vacuum

V as in “Van”



Same gesture as F but if needed, touch your other finger to your throat to show that voice is On.



## HaHa

H as in “Happy”



Place your open palm a few inches in front and down a bit from your mouth. Move hand away as you make the sound.



## Jump J as in “Jam”



Same as Ch with your other index finger on your throat to show that voice is On – if needed.



## LaLa L as in “Love”



Make an L shape with your index finger and thumb. Touch your thumb just above your upper lip under your nose. Move hand out as you make sound.



## Hum M as in “Mom”



Place your index finger horizontally under your bottom lip. If needed, place your other index finger on your throat to show that voice is On.



## Nose

N as in “No”



Touch the side of your nose with your index finger. If needed, place your other index finger on your throat to show that your voice is On.

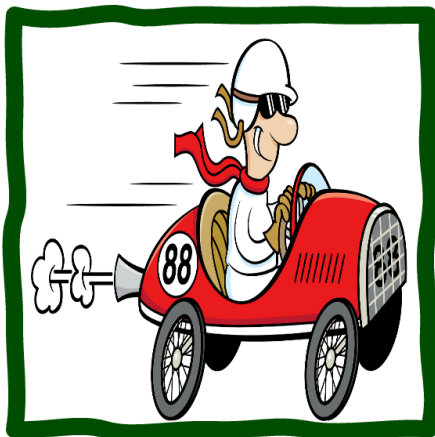


## Queen

Qw as in “Quick”

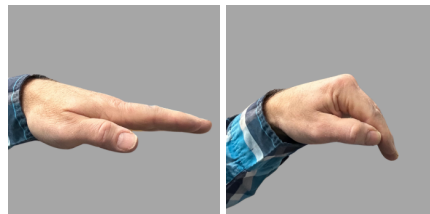


With one hand do the C/K gesture (index finger across your throat). Other hand does the W gesture (fingers on cheeks helping push lips out).



## Race

R as in “Red”

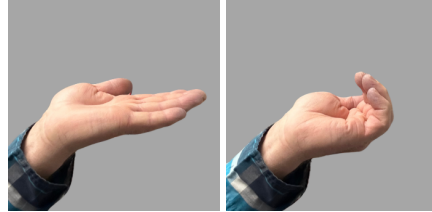


For Bunched R: Palm down. Pull your fingers back so they hump up as you say the sound.



## Race

R as in "Red"



For Tongue Tip R: Palm flat. Curl fingers back and up as you say the sound.



## Angry Bird

R as in "Bird"



For Bunched R: Show your teeth. Palm down. Pull your fingers back so they hump up as you say the sound.



## Angry Bird

R as in "Bird"



For Tongue Tip R: Show your teeth. Palm flat. Curl fingers back and up as you say the sound.



## Snake

S as in “See”



Touch your index finger at center of your top lip (or under the center of your bottom lip). Slither your finger out and away as you make the sound.

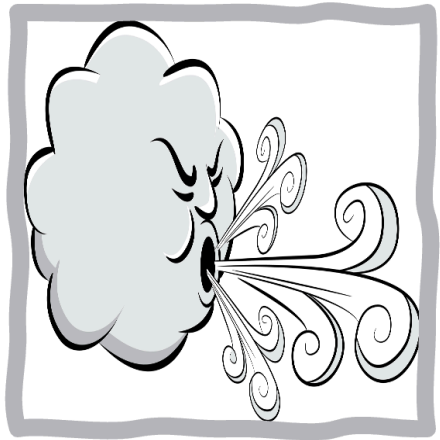


## Buzz

Z as in “Zip”



Touch your index & middle fingers at the center of your top or bottom lip. Move them out away in a zig zag movement as you say the sound.

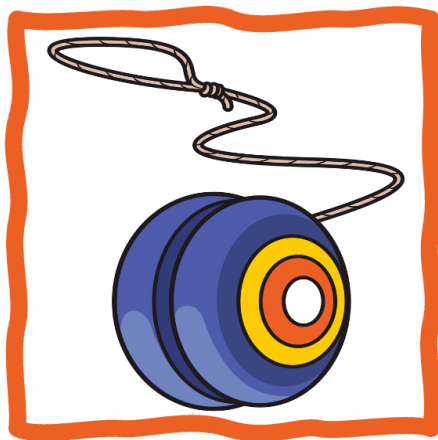


## Windy

W as in “Water”



Place your thumb and index finger at opposite corners of your lips. Apply slight inward pressure to round your lips as you make the sound.

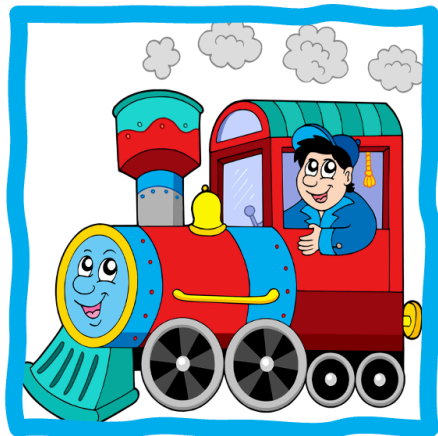


## Yoyo

Y as in “Yes”



Stick out your little finger and thumb. “Hang 10”. Place your hand just under your mouth. Move it out a bit as you say the sound.



## Train

Ch as in “Chip”



Thumb on one cheek. Index finger on the other. Slight pressure inwards. Move forwards quickly as you make the sound to suggest an explosion of air.



## Sh!

Sh as in “Shoe”

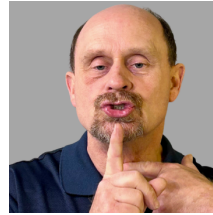


Index finger vertically just below lips. Move it out a bit as you say the sound.



## Hair Dryer

Zh as in “Treasure”



Index finger vertically just below your rounded lips. If needed, touch other index finger to your throat to show that voice is On.



## Quiet Tongue

Th (Voice Off) “Think”



Index finger pointing out away from your mouth. Move it out a bit as you make the sound.



## Noisy Tongue

Th (Voice On) “That”



Same as Quiet Tongue but touch your other finger to your throat to show that your voice is On, if needed.



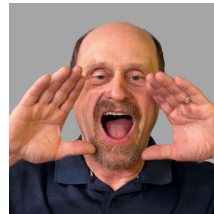
Gong  
Ng as in “Sang, Sing”



Do the N gesture as you do the G gesture.



Scarry  
Short A as in “Cat”



Hold your hands open at the sides of your mouth. Move them out a bit as you say the sound.



What?  
Short E as in “Pet”



Hold your hand in a claw shape up by your mouth. Move it out a bit as you say the sound.

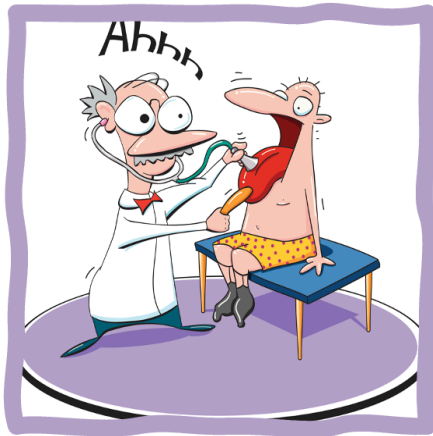


## Ick

Short i as in “Pick”



Hold up your pinky up by your mouth.  
Move it up a bit as you say the sound.  
Use 1 or 2 hands.



## Say Ahh

Short O as in “Off”



Pretend that your index finger is a  
tongue depressor. Hold it pointed into  
your mouth.

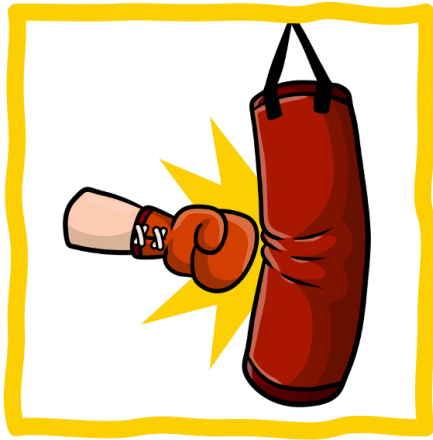


## Up

Short U as in “Cut”



Hold up your index fingers on either  
side of your mouth. Move them up a  
bit as you say the sound.



## Punch

ʊ as in “Book”



Place your index and middle fingers up by your mouth. Move them up slightly as you say the sound.

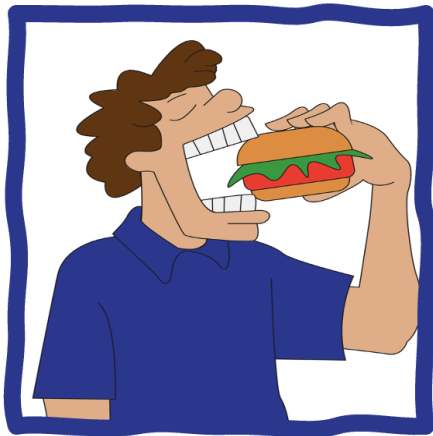


## A or Cool

Long A as in “Ape”



Start with Short E (no sound) “What?” and then move to Long E “Eat”.

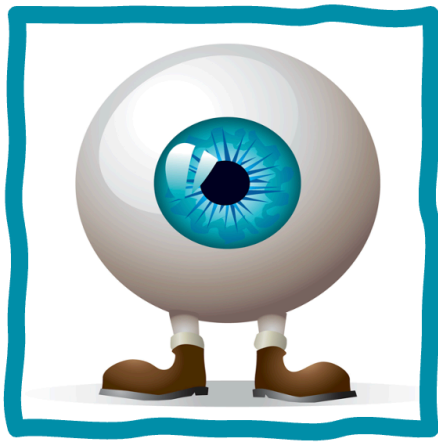


## Eat

Long E as in “Sleep”



Hold your index fingers at both sides of your mouth. Move them out a bit to stretch your smile.



## Eye

Long I as in “Pie”



Start with Short A “Scarry” (no sound – just to get mouth ready) and move to Long E “Eat”.

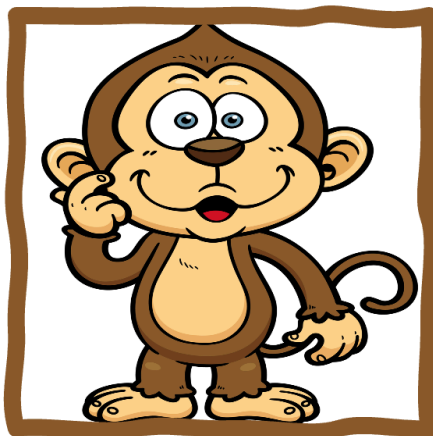


## Mr. O

Long O as in “Toe”



Hands in an O shape by your mouth. Move them out a bit as you make the sound.



## Monkey Lips

Long U as in “Oops”



Use your index fingers and thumbs to show “rounded lips”. Fingers and thumbs don’t touch your lips.



Oink  
Oi as in "Oi"



Start with Long O "Mr. O" and move to Long I "Eye".



Ouch  
Ow as in "Ow"



Start with Short A "Scarry" and move to Long U "Monkey".



Stinky  
Ew as in "Ew"



Start with Long E "Eat" and move to Long U "Monkey" gesture.

## How the Words are Organized

- The different blends are listed in alphabetical order.
- The words in each group are sorted from shortest to longest. Often shorter words are easier than longer ones.
- If there were enough words with the blend at the beginning, middle and ends of words then I divided them by position.
- Contrasts are provided for the clusters when possible. They follow each group of L blend words.

The Sound Cues are underneath all of the practice words. I used General American Pronunciation for each word. If you pronounce the words differently, either ignore the sound cues or change them to what works for you.

## List of Practice Words

### BLR



Blur  
Blurry  
Blurt  
Abler  
Nibbler  
Nobler  
Cobbler

Cabler  
Babblor  
Gobbler  
Wobbler  
Doubler  
Bubbler  
Enabler

Dribbler  
Mumbler  
Marbler  
Warbler  
Scribbler  
Assembler

### BLR Contrasts

Blurt – Burt  
Abler – Able  
Cobbler – Cob  
Cabler – Cable

### DBL



Red Block  
Roadblock  
Bad-Blood

Blood-Born  
Windblown  
Sandblast

Sound-Blast  
Cold-Blooded

### KSPL



Explode  
Exploit  
Explore

Explain  
Explete  
Backsplash

Explicit  
Explorers



**LChT**

Belched  
Filched

Mulched  
Squelched

Welched

**LChT Contrasts**

Belched – Belch  
Mulched – Mulch  
Filched – Filch



**LDZ**

Fields  
Folds  
Holds

Welds  
Yields  
Builds

Wilds  
Molds

**LDZ Contrasts**

Fields – Field – Feels – Feel  
Folds – Fold – Foals – Foal



**LFL**

Willful  
Skillful  
Thrillful

Soulfully  
Shovelful  
Barrelful

Elfland  
Selfless

**LFL Contrasts**

Barrelful – Barrel  
Elfland – Elf  
Selfless – Self – Sell



**LFR**

Sulfur  
Pilfer  
Pilfering

Telpher  
Golfer  
Golfers

Alfred  
Self-Restraint

**LFR Contrasts**

Pilfer – Piller – Pill  
Telpher – Teller - Tell



**LFS**

Elf's

Wolf's

Golfs



**LGR**

Vulgar

Bulgar

Pilgrim

Pilgrimage



Bulged  
Divulged

Bilged

Indulged



Elks  
Silks  
Milks

Hulks  
Sulks  
Bulks

Welks  
Skulks

**LKS Contrasts**

Elks – Else – Elk – L  
Bulks – Bucks – Bulk - Buck



Milkshake

Bulkship



Bulked  
Hulked  
Milked

Sulked  
Bilked  
Balked

Caulked  
Skulked

**LKS Contrasts**

Hulked – Hulk – Hull – Huck  
Caulked – Call – Caught

**LMD**

Filmed  
Balmed

Calmed

Palmed



Calmly  
Elm Leaf

Filmless  
Helm Light

Film Library



Almond

Almond Tree

Almond Extract



Alps

Helps

Palps

Kelps  
Gulps

Whelps  
Yelps

Pulps

**LPS Contrasts**

Alps – Apps – Al  
Gulps – Gulp – Gull – Gus



Helped  
Scalped  
Sculpt

Yelped  
Gulped  
Pulped

Whelped

**LPT Contrasts**

Yelped – Yelp – Yell  
Pulped – Pulp – Pup



Circulars  
Regulars  
Cellulars

Granulars  
Singulars  
Irregulars

Binoculars  
Particulars



Alter  
Bolter  
Realtor  
Ultra  
Filter  
Shelter

Walter  
Vaulter  
Falter  
Halter  
Smelter  
Alternate (verb)

Alternate (adj.)  
Sheltering  
Ultralight  
Sweltering

**LTR Contrasts**

Bolter – Bolt – Bowler – Bowl  
Walter – Walt – Wall



Belts  
Colts  
Jolts  
Melts  
Welts  
Tilts

Kilts  
Quilts  
Waltz  
Vaults  
Faults  
Adults

Stilts  
Catapults  
Somersaults  
Thunderbolts

**LTS Contrasts**

Melts – Mets – Mel – Mess

Colts – Coats – Coal – Coat



Evolved  
Revolved  
Shelved

Solved  
Resolved  
Dissolved

Involved  
Unresolved



Elves  
Evolves

Shelves  
Themselves

Wolves  
Ourselves

**LVZ Contrasts**

Elves – Ls – L  
Shelves – Shells – Shell – Ls



Angle  
Shingle  
Jingle  
Jungle  
Jangle  
Dongle

Bangle  
Tangle  
Tingle  
Wrangle  
Mangle  
Dangle

Single  
Spangled  
Fangless  
Triangle



Uncle  
Ankle  
Tinkle

Wrinkle  
Crinkle  
Anklet

Sprinkle  
Twinkles



Gamble  
Ramble  
Thimble

Tumble  
Mumble  
Crumlbe

Stumble  
Bumblebee



Ambler  
Nimble  
Rambler

Tumbler  
Gambler  
Mumbler

Fumbler  
Scrambler  
Assembler



Palmful  
Armful

Charmful  
Harmful

Pamphlet

**MFL Contrasts**

Palmful – Pommel – Palm  
Charmful – Charm  
Armful – Arm



**MPL**

Ample  
Sample

Imply

Employer

**MPL Contrasts**

Ample – Amp – App – Al  
Sample – Sap – Sam



**NDL**

Bundle  
Candle  
Handle

Dwindle  
Spindle  
Swindle

Kindling  
Sandlot

**NDL Contrasts**

Bundle – Bunned – Bun  
Candle – Canned – Can



**NKL**

Unclip  
Unclothe  
Unclean

Incline  
Include  
Unclog

Unclasp  
Conclude



**RBL**

Herbal  
Burbal  
Verbal

Gerbil  
Marble  
Warble

Garbled  
Warbler



**RDL**

Curdle  
Girdle  
Wordle  
Hurdle  
Nurdle  
Wordly

Hurdler  
Thirdly  
Birdlike  
Hardly  
Hurdling  
Wordless

Lordly  
Cowardly  
Absurdly  
Cordless

## RDL Contrasts

Wordle – Word – Whirl – Whir  
Hurdle – Hurl – Herd – Her



<b>RKL</b>		
Circle	Snorkeled	Snorkeling
Hurkle	Starkly	Parkland
Sparkle	Sparkler	Sparkling
Workload	Barkless	
Snorkel	Forklift	

## RKL Contrasts

Sparkle – Spark – Spar – Spock  
Snorkle – Snork – Snore



<b>RPL</b>		
Purple	Surplus	Perplex
Airplay	Earplug	Kerplunk
Airplane	Overplay	

## SPL at the Start of Words

Splay	Split	Splatter
Splash	Splish	Splendor
Splurge	Splotch	Splinter
Sploosh	Splotchy	Splashing
Splat	Splitter	Splashdown
Splice	Splashy	Splendid
Spleen	Splutter	Split-level
Splodge	Splint	Splendiferous

## SPL in the Middle of Words

Display	Explode	Unexplored
Explain	Misplace	Unexplainable
Explore	Sun Splashed	

## SPL Contrasts

Split – Slit – Spit Pit – Sit – Lit  
Splash – Slash – Lash – Sash  
Splatter – Platter – Latter – Patter  
Splodge – Spodge – Podge – Lodge  
Splatter – Platter – Spatter – Latter – Patter  
Splat – Spat – Slat – Lat – Sat  
Splice – Slice – Spice – Lice

Splitter – Spitter – Litter – Sitter  
Splay – Play – Slay – Spay – Lay – Say – Pay

**ZLD** 

Dazzled  
Puzzled

Fizzled

Foozled

**ZLZ** 

Drizzles  
Measles

Frazzles

Frizzles

## Practice Images

Following are images for all of the practice words.

Let me know if you have any suggestions for additional words or any changes you that would be helpful.