

Name _____



One-Breath Challenge

Directions: Take a deep breath before you begin reading. Try to read the **entire tongue twister in one breath** without pausing for air. If you run out of breath, mark where you stopped and try again. Read each tongue twister at least **three times**, aiming to get smoother and clearer. After practice, reflect on which line was easiest and which was hardest to finish in one breath.

Tongue Twisters for Practice

1. Seven sneaky snakes slither silently through sandy seaside shrubs.
2. Polly's plump parrots perched proudly upon painted purple posts.
3. Tiny tigers tiptoed timidly toward tall tangled trees.
4. Greg's great green grasshoppers grabbed golden grains greedily.
5. Wendy's wonderful whistling whales wandered westward without worry.

Reflection Questions

1. Which tongue twister could you **always** finish in one breath?

2. Which tongue twister was **most difficult** to complete without stopping? Why?

3. How did practicing multiple times affect your fluency and breathing control?