

# The Pronunciation Gym

Your Clear Speech Toolkit  
for **Canadian English**



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Your accent is a great part of who you are.  
This guide just gives you the tools to be heard clearly.

# 4 Simple Tools for Clear Communication

You do not need to change your voice. Just learn these four physical tools to help listeners understand your words instantly.



**Mouth Shapes**



**Vowel Stretching**



**The English Beat**



**Word Edges**



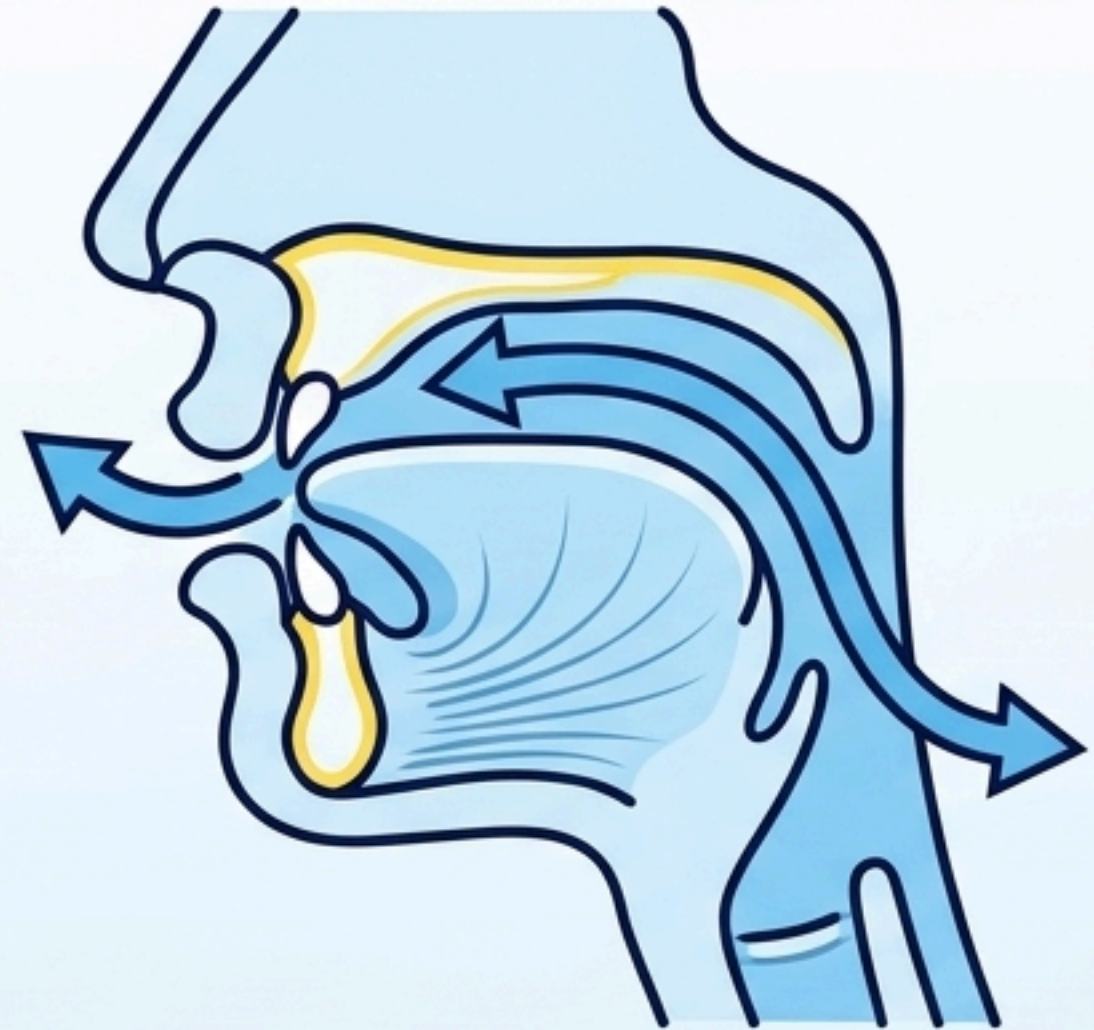


# The Canadian /r/



**Warning:** right becomes light.  
fry becomes fly.

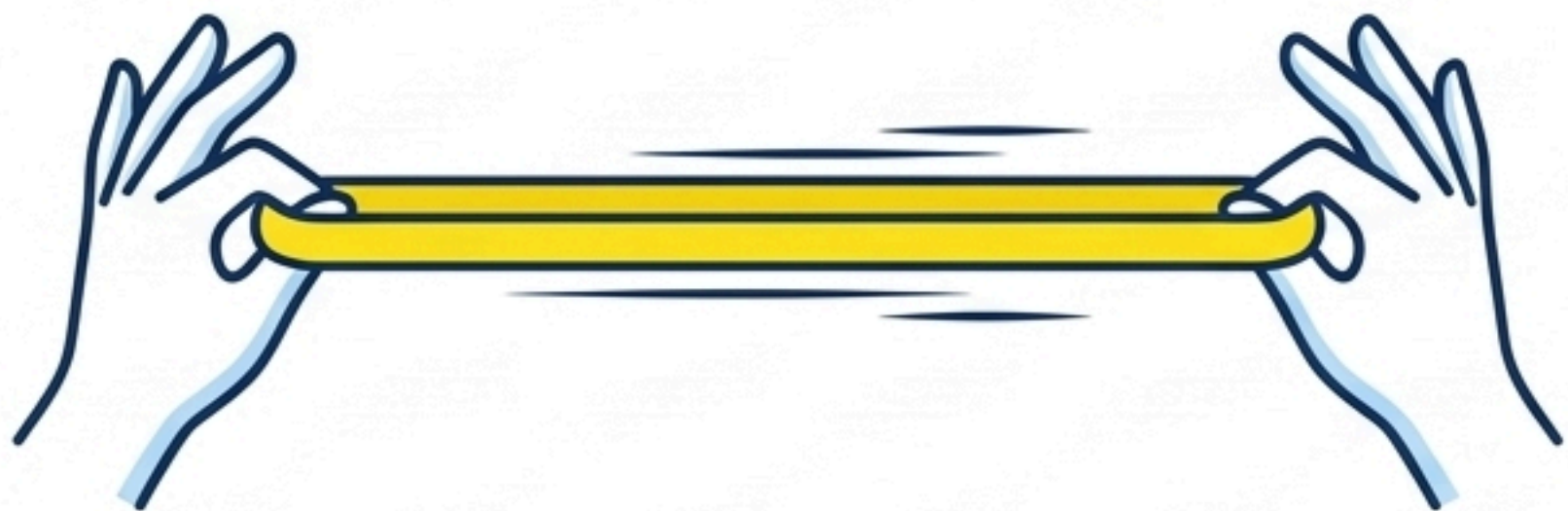
# The /l/



## Try It Now

Practice light — right. Check your tongue and lip position for each word.

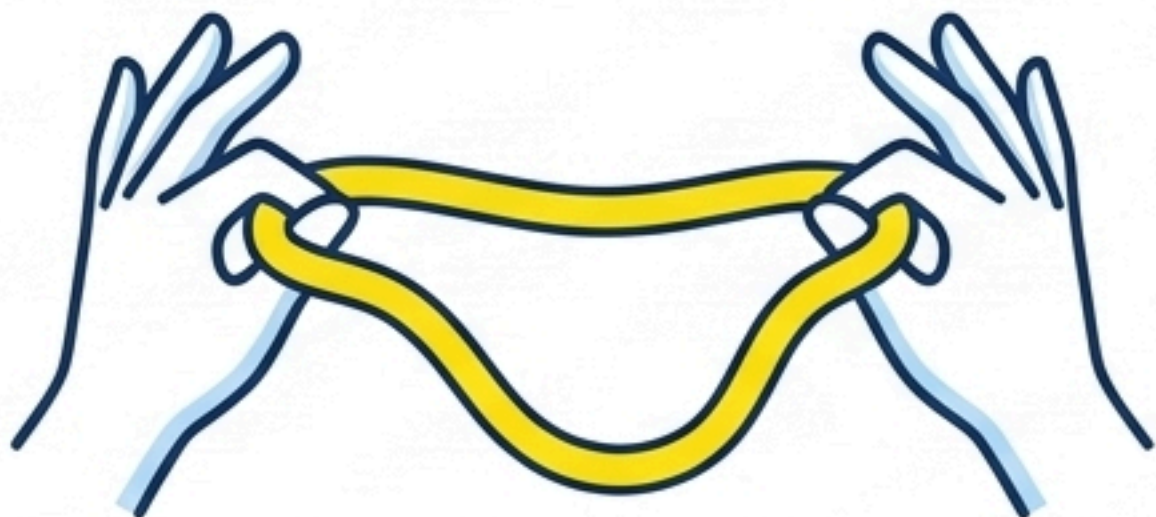
## The Long Stretch



**Long Vowels.**  
Hold the sound **longer**.

sheep, beat, leave, seat

## The Short Snap



**Short Vowels.**  
Quick and relaxed.

ship, bit, live, sit

### Callout Box

Many learners use the stretched /i/ sound for everything. This changes the word **entirely!**

### Try It Now

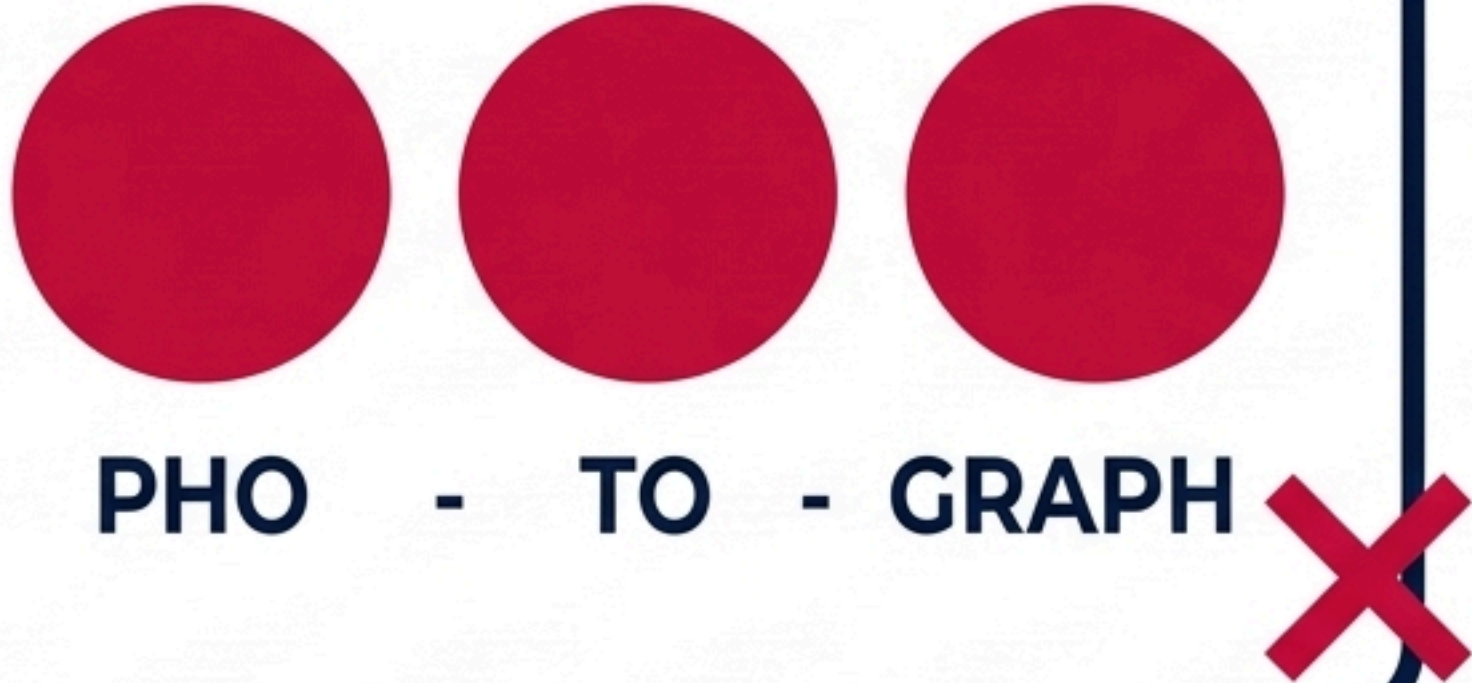
Say **sit** / **seat** / **sit** / **seat** slowly.  
Exaggerate the stretch on the long vowels.



English words have one strong beat. Hitting the wrong beat makes familiar words hard to recognize.

### Word Stress Patterns

Incorrect: Equal Stress



Contrast: Correct vs. Incorrect Stress

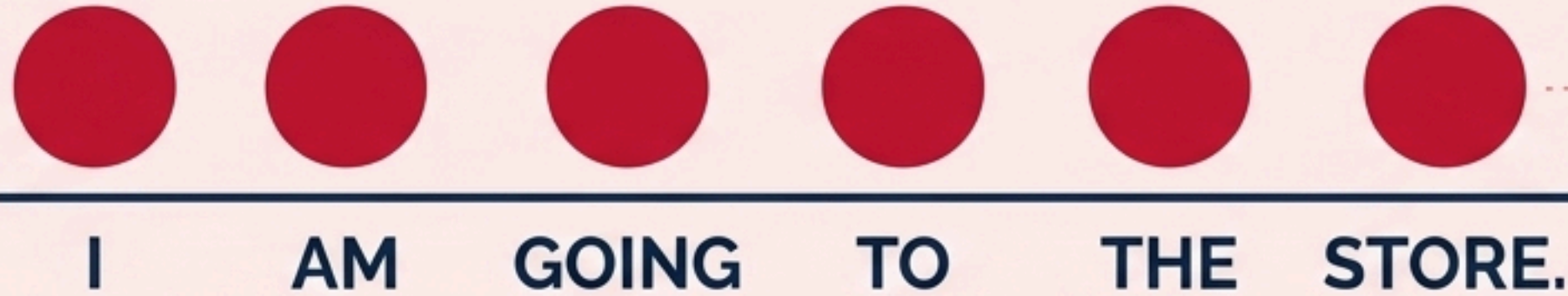


**Try It Now**

Underline the strong beat. Clap your hands loudly on that part. Try it: **im-POR-tant**

**“Big beats for meaning (Nouns, Verbs).  
Tiny dots for small grammar words (to, of, and).”**

### The Mix-up



Giving equal stress to every word sounds unnatural.

### The Canadian Rhythm




Small words become quick, weak sounds.

**Try it Now:** Read the sentence twice. The second time, ONLY give energy to the big words.

# Intonation: Statements vs. Questions


## Block 1: The Statement

  
**You are going home.**

  
Meaning:  
Certainty,  
sharing a fact.

## Block 2: The Question

  
**You are going home?**

  
Meaning:  
Surprise, asking for  
information.



**The Mix-up:** Flat intonation everywhere can make you sound bored, or make a statement sound like a question.



**Try It Now:** Say the exact same sentence twice. First as a fact (drop the pitch). Then as a surprise (raise the pitch).

**English often stacks consonant sounds together.  
Do not drop them or add extra vowels (like ask-ed).**

**The Mix-up**

**tests**



**test**

(Base word)

**tests**

(Add the 's' sound)

**tested**

(Add the 'ed' sound)

**Try It Now:** Break the word into parts. Practice adding one sound at a time before saying the whole word quickly.

**Run all the way through the word!**  
**Dropping the final sound hides your grammar.**



### The Mix-up Matrix

Saying ~~col~~ instead of ~~cold~~  
Saying ~~pass~~ instead of ~~past~~

### The Meaning Check

Is it one job, or many jobs?



Is it happening now (work), or in the past (worked)?



**Try It Now:** Say pairs like job — jobs and work — worked.  
Put all your focus on the very last sound.