

English Tongue Twister Practice PDF

(Speak English Clearly, Confidently & Fluently)

About This PDF

This PDF is designed for:

- Beginners who hesitate to speak English
- Learners who know words but struggle with pronunciation
- Anyone who wants to improve **fluency in English** in a fun way

You don't need perfect grammar.

You only need **daily practice** with **English tongue twister**.

How to Use This PDF (Very Important)

Before you start, remember these rules:

1. Speak **out loud**, not in your mind
2. Start **slow**, then increase speed
3. Practice in front of a **mirror**
4. Smile while speaking
5. Make mistakes happily

This is **spoken English practice**, not an exam.

Why English Tongue Twister Works

English tongue twister helps you:

- Train your tongue and lips
- Improve **English pronunciation practice**
- Build **English speaking confidence**
- Reduce hesitation
- Speak smoothly without thinking too much

Think of **tongue twisters in English** as a **warm-up before speaking**.

LEVEL 1: Easy English Tongue Twister (Beginners)

Practice each line **5 times slowly** and **5 times faster**

1. **Big black bug bit a big black bear**
2. **Red lorry, yellow lorry**
3. **She sees cheese**
4. **Toy boat, toy boat**
5. **Six slimy snails slid slowly**
6. **Good blood, bad blood**
7. **Four fine fresh fish**
8. **I scream, you scream, we all scream for ice cream**
9. **Eleven benevolent elephants**
10. **Busy buzzing bees**

Goal: Clear pronunciation, not speed

LEVEL 2: Medium English Tongue Twister

Practice **10 repetitions daily**

1. **Peter Piper picked a peck of pickled peppers**
2. **Fresh fried fish**
3. **A proper copper coffee pot**
4. **Can you can a can as a canner can can a can?**
5. **She sells seashells by the seashore**
6. **Truly rural**
7. **Near an ear, a nearer ear**
8. **Three free throws**
9. **Thin sticks, thick bricks**
10. **Friendly frogs freely fly**

Goal: Improve **English accent practice**

LEVEL 3: Advanced English Tongue Twister

Use these only after Level 1 & 2

1. **The sixth sick sheikh's sixth sheep's sick**
2. **Irish wristwatch, Swiss wristwatch**
3. **Pad kid poured curd pulled cod**
4. **Betty Botter bought some butter**
5. **Unique New York**
6. **Which witch switched the Swiss wristwatch?**

7. **Six sleek swans swam swiftly southwards**
8. **Lesser leather never weathered wetter weather**
9. **Fred fed Ted bread and Ted fed Fred bread**
10. **Greek grapes, great Greek grapes**

Goal: Speed + clarity = **fluency in English**

Daily 10-Minute English Tongue Twister Routine

Morning (3 minutes)

- Level 1 tongue twisters
- Speak slowly

Afternoon (3 minutes)

- Level 2 tongue twisters
- Normal speed

Night (4 minutes)

- Mix Level 1 + 2
- Record your voice

This routine improves **learn English speaking** naturally.

Smart Speaking Tricks for Beginners

Trick 1: Self-Talk

Describe what you are doing:

“I am making tea.”

“I am opening the door.”

Trick 2: Mirror Practice

Speak **English tongue twister** in front of a mirror.

Trick 3: Shadow Speaking

Repeat after short English videos.

Trick 4: Daily Warm-Up

Before any conversation, do 2 tongue twisters.

These **English speaking tricks** remove fear.

Common Mistakes to Avoid

- Speaking silently
- Speaking too fast
- Skipping daily practice
- Feeling shy
- Waiting for “perfect English”

Remember: **spoken English practice** needs courage, not perfection.

7-Day Practice Challenge

Day 1–2:

- Level 1 only

Day 3–4:

- Level 1 + Level 2

Day 5:

- Record yourself

Day 6:

- Mirror practice

Day 7:

- Speak fast + confidently

Result: Better pronunciation + confidence

Final Motivation (Read This Daily)

You don't need talent to speak English.

You need **practice + patience + the right method**.

English tongue twister is your secret weapon.

Use it daily. Enjoy it. And speak without fear.

Every fluent speaker started exactly where you are today.