

The CH and J sounds /tʃ/ /dʒ/

Printable practice pack · free from onlinetonguetwister.com

CH and J are affricates — a stop plus a hiss, glued together. CH is /t/ + /ʃ/, J is /d/ + /ʒ/. Learners often stretch them into a plain 'sh' or soften them into 'y'.

Who this helps: Speakers of French, Portuguese, Arabic and Slavic languages, plus children still fronting these sounds.

How to make the sound

- 1 Start with the tongue pressed against the ridge behind the top teeth, as if for /t/.
- 2 Release the pressure suddenly into an 'sh' — that burst-then-hiss is CH.
- 3 Round the lips a little as the air escapes.
- 4 For J, the identical movement with the voice turned on from the start.
- 5 Keep both sounds short. Stretching them turns 'chair' into 'share'.

Common mistakes

- Dropping the stop: 'chair' becomes 'share', 'jeep' becomes 'zheep'.
- Hardening into /ʃ/ + vowel: 'question' becoming 'kwesh-tion' instead of 'KWES-chun'.
- Missing the hidden CH/J in -ture and -dure words (nature, schedule, gradual).
- Confusing spelling with sound: choir is /kw/, machine is /ʃ/, both spelled with 'ch'.

A ten-minute daily routine

- 1 **Warm up (1 min).** Hum, then stretch the jaw and lips. Cold mouths slur.
- 2 **Isolate (2 min).** Make the target sound on its own, held long, ten times.
- 3 **Words (3 min).** Work one block of the word list on page 2, slowly, from the respelling.
- 4 **Contrast (2 min).** Run the minimal pairs on page 3 and listen for the difference.
- 5 **Speed (2 min).** Finish with a twister from page 4 — slow first, then fast.

Tip: record yourself on a phone before and after a week of practice. People rarely hear their own errors live, but almost always hear them in a recording. The microphone practice mode at onlinetonguetwister.com transcribes what you actually said and scores it against the target.

Word list

Word · IPA · say it (CAPITALS = stressed syllable)

CH at the start

chair	/tʃɛr/	CHAIR
church	/tʃɜːrtʃ/	CHURCH
cheese	/tʃiːz/	CHEEZ
challenge	/ˈtʃæl.ɪndʒ/	CHAL-inj
choose	/tʃuːz/	CHOOZ
chocolate	/ˈtʃɑːk.lət/	CHOK-luht
children	/ˈtʃɪl.drən/	CHIL-druhn

CH in the middle and end

kitchen	/ˈkɪtʃ.ɪn/	KITCH-in
future	/ˈfjuː.tʃə/	FYOO-chur
nature	/ˈneɪ.tʃə/	NAY-chur
picture	/ˈpɪk.tʃə/	PIK-chur
question	/ˈkwɛs.tʃən/	KWES-chuhn
actually	/ˈæk.tʃu.ə.li/	AK-choo-uh-lee
adventure	/ədˈvɛn.tʃə/	ad-VEN-chur
watch	/wɑːtʃ/	WOTCH
stretch	/strɛtʃ/	STRETCH

J sound

jewelry	/ˈdʒuː.əl.ri/	JOO-uhl-ree
judge	/dʒʌdʒ/	JUJ
general	/ˈdʒɛn.əl/	JEN-ur-uhl
giraffe	/dʒəˈræf/	juh-RAF
region	/ˈriː.dʒən/	REE-juhn
suggestion	/səˈdʒɛs.tʃən/	suh-JES-chuhn
gradual	/ˈgrædʒ.u.əl/	GRAJ-oo-uhl
schedule	/ˈskɛdʒ.uːl/	SKEJ-ool
soldier	/ˈsoʊl.dʒə/	SOHL-jur
individual	/ˌɪn.dəˈvɪdʒ.u.əl/	in-duh-VIJ-oo-uhl

CH spellings that are not /tʃ/

choir	/ˈkwaɪ.ə/	KWY-ur
chaos	/ˈkeɪ.ɑːs/	KAY-oss
character	/ˈkɛr.ək.tə/	KAIR-uhk-tur
stomach	/ˈstʌm.ək/	STUM-uhk
machine	/məˈʃiːn/	muh-SHEEN
chef	/ʃɛf/	SHEF
architect	/ˈɑːr.kɛ.tɛkt/	AR-kuh-tekt
technique	/tɛkˈniːk/	tek-NEEK

Minimal pairs

Say each pair aloud. If they sound identical, slow down and exaggerate.

A	B	What to listen for
chair	share	affricate vs plain hiss
cheap	jeep	unvoiced vs voiced
chin	gin	same contrast, short vowel
watch	wash	final position
batch	badge	final voicing
cheese	she's	listen for the burst

Sentence ladders

Build up: single word, then phrase, then full sentence. Three times each.

- 1 church
- 2 the church choir
- 3 **The church choir chose cheerful children.**

- 1 jewelry
- 2 gold jewelry
- 3 **The judge's jewelry jangled gently in January.**

- 1 picture
- 2 a natural picture
- 3 **Nature's picture captured the future perfectly.**

- 1 schedule
- 2 a gradual schedule
- 3 **A gradual schedule suggested a general adjustment.**

Twisters for this sound

Slow and clear first. Speed is the last step, never the first.

Chuckling cheerful chimps chomp cheddar chunks.

HARD · sound focus: ch

Should Shane share shaved sheep steak so shyly?

HARD · sound focus: sh

Sharp sheared shears shave short shaggy sheep shirts.

HARD · sound focus: sh

Chester Cheetah chews a chunk of cheap cheddar cheese.

MEDIUM · sound focus: ch

Shimmering shale shards sheared Shelly's shallow shoes.

MEDIUM · sound focus: sh

Charlie chose cheesy chicken chili chasing cheap chips.

MEDIUM · sound focus: ch

Five-day tracker

Practice task	Day 1	Day 2	Day 3	Day 4	Day 5
Read the word list aloud					
Minimal pairs, 3× each					
Sentence ladders					
Twisters, slow					
Twisters, fast					
Record yourself and listen back					

Free to print, copy and share for classroom, therapy and personal use. Practise with a microphone and instant accuracy scoring at onlinetonguetwister.com/pronunciation/ch-j-sounds