

VOCABULARY · EPISODE 46

Train the TH Sound

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to articulate**articular · pronunciar con claridad**

DEF

to form sounds or words clearly with the mouth; to express ideas clearly and precisely in speech

Articulate has two uses — physical (forming sounds) and intellectual (expressing ideas). For pronunciation work, the physical sense is key: where does your tongue go? How does your jaw move?

ES

Formar sonidos o palabras claramente con la boca; expresar ideas con claridad y precisión en el habla.

Tiene dos usos: físico (formar sonidos) e intelectual (expresar ideas). Para el trabajo de pronunciación, el sentido físico es clave.

To articulate the TH sound correctly, place your tongue lightly between your upper and lower teeth.

To articulate the TH sound correctly, place your tongue lightly between your upper and lower teeth. -> Para articular el sonido TH correctamente, coloca tu lengua ligeramente entre tus dientes superiores e inferiores.

The more you articulate each sound deliberately, the more automatic it becomes over time.

The more you articulate each sound deliberately, the more automatic it becomes over time. -> Cuanto más articulas cada sonido deliberadamente, más automático se vuelve con el tiempo.

2

to mouth**mover los labios sin voz · articular en silencio**

DEF

to form words silently with the lips and tongue without making a sound — useful for practising pronunciation anywhere

Mouthing is a stealth practice technique — you can practise TH sounds on the bus, in a meeting, anywhere. Silent repetition builds the muscle memory of articulation without requiring a private space.

ES

Formar palabras silenciosamente con los labios y la lengua sin hacer sonido — útil para practicar la pronunciación en cualquier lugar.

Es una técnica de práctica sigilosa — puedes practicar los sonidos TH en el autobús, en una reunión, en cualquier lugar.

Mouth the TH words quietly while you listen — your muscles are learning even when no sound comes out.

Mouth the TH words quietly while you listen. -> Mueve los labios sin voz con las palabras TH mientras escuchas.

She mouthed every new phrase ten times before she said it out loud — and it worked beautifully.

She mouthed every new phrase ten times before she said it out loud. -> Articuló en silencio cada frase nueva diez veces antes de decirla en voz alta.

3

to drill

practicar repetidamente · hacer un drillaje de

DEF

to practise a specific skill or piece of language repeatedly and intentionally in order to make it automatic

Drill gets a bad reputation from old-fashioned language teaching — repetition for its own sake. But deliberate drilling of specific sounds or phrases, in short bursts, is one of the most effective pronunciation tools available.

ES

Practicar una habilidad específica o un fragmento de lenguaje de forma repetida e intencional para automatizarlo.

El 'drilling' tiene mala reputación desde la enseñanza de idiomas anticuada. Pero el drilling deliberado de sonidos específicos en ráfagas cortas es una de las herramientas de pronunciación más efectivas.

Drill the TH sound for two minutes every morning — just those words, just that sound.

Drill the TH sound for two minutes every morning — just those words, just that sound. -> Practica repetidamente el sonido TH durante dos minutos cada mañana — solo esas palabras, solo ese sonido.

She drilled the sentence ten times and then used it naturally in a real conversation that afternoon.

She drilled the sentence ten times and then used it naturally in a real conversation that afternoon. -> Hizo un drillaje de la frase diez veces y luego la usó de forma natural en una conversación real esa tarde.

4

to mimic

imitar · copiar exactamente el habla o la pronunciación de alguien

DEF

to copy someone's speech, sounds, or movements as closely as possible in order to reproduce them

Mimic is the core verb of language imitation — it is what children do naturally, and what adult learners must do consciously. Mimicking a native speaker's rhythm, intonation, and stress patterns is more effective for accent development than studying phonetics in isolation.

ES

Copiar el habla, los sonidos o los movimientos de alguien lo más fielmente posible para reproducirlos.

El verbo central de la imitación lingüística — lo que los niños hacen naturalmente y los adultos deben hacer conscientemente.

Mimic the exact sentence you just heard — not just the words, but the speed, tone, and pauses.

Mimic the exact sentence you just heard — not just the words, but the speed, tone, and pauses. -> Imita la frase exacta que acabas de escuchar — no solo las palabras, sino la velocidad, el tono y las pausas.

She spent ten minutes mimicking a news presenter and was surprised how quickly her delivery improved.

She spent ten minutes mimicking a news presenter and was surprised how quickly her delivery improved. -> Pasó diez minutos copiando exactamente el habla o la pronunciación de una presentadora de noticias y se sorprendió de lo rápido que mejoró su entrega.

5

Intonation

la entonación · el patrón de subidas y bajadas de tono al hablar

DEF

the rise and fall of the pitch of your voice as you speak — how your voice goes up and down to convey meaning

Intonation is one of the least-taught but most important aspects of English. The same words with different intonation convey completely different meanings or emotions. Mastering intonation is what makes English sound natural rather than flat, robotic, or monotone.

ES

El ascenso y descenso del tono de tu voz al hablar — cómo sube y baja tu voz para transmitir significado.

Uno de los aspectos menos enseñados pero más importantes del inglés. Las mismas palabras con diferente entonación transmiten significados o emociones completamente diferentes.

Pay attention to intonation when you listen — the same sentence can mean several different things depending on how it rises and falls.

Pay attention to intonation when you listen — the same sentence can mean several different things depending on how it rises and falls. -> Presta atención a la entonación cuando escuchas — la misma frase puede significar varias cosas diferentes dependiendo de cómo sube y baja.

She was told her grammar was perfect but her intonation was flat — so she spent a month mimicking news presenters.

She was told her grammar was perfect but her intonation was flat — so she spent a month mimicking news presenters. -> Le dijeron que su gramática era perfecta pero que el patrón de subidas y bajadas de tono al hablar era plano — así que pasó un mes imitando a presentadores de noticias.

6

to record yourself

grabarte · hacer una grabación de tu voz para escucharla después

DEF

to make an audio or video recording of yourself speaking in order to listen back and identify how you actually sound

Recording yourself is the most honest feedback tool available to any language learner. It removes the distorted perception of your own voice and replaces it with evidence. Listening back shows you things you cannot notice while speaking: pace, filler words, intonation, pronunciation.

ES

Hacer una grabación de audio o vídeo de ti mismo hablando para escucharla y identificar cómo suenas realmente.

La herramienta de retroalimentación más honesta disponible para cualquier estudiante de idiomas. Elimina la percepción distorsionada de tu propia voz y la reemplaza con evidencia.

Record yourself speaking English for two minutes — then listen back. What did you notice?

Record yourself speaking English for two minutes — then listen back. What did you notice? -> Grábate hablando inglés durante dos minutos — luego escucha. ¿Qué notaste?

She had resisted recording herself for years because she hated her voice, but the feedback changed everything.

She had resisted recording herself for years because she hated her voice, but the feedback changed everything. -> Había resistido grabarte durante años porque odiaba su voz, pero la retroalimentación lo cambió todo.

7 to repeat out loud

repetir en voz alta · decir algo en voz alta varias veces para que se fije

DEF

to say something aloud multiple times in order to build the muscle memory and confidence needed to use it naturally

Repeat out loud is the physical practice of language — it engages your mouth, not just your mind. Silent study reads words; repeating out loud encodes them into speech. The body needs to practise language the way a musician practises scales — physically, repeatedly, aloud.

ES

Decir algo en voz alta múltiples veces para construir la memoria muscular y la confianza necesaria para usarlo de forma natural.

La práctica física del idioma — involucra tu boca, no solo tu mente. Estudiar en silencio lee palabras; repetir en voz alta las codifica en el habla.

Repeat new phrases out loud ten times immediately after hearing them — your mouth needs to practise, not just your mind.

Repeat new phrases out loud ten times immediately after hearing them — your mouth needs to practise, not just your mind. -> Repite las nuevas frases en voz alta diez veces inmediatamente después de escucharlas — tu boca necesita practicar, no solo tu mente.

She repeated every new expression out loud in the car on the way home and arrived speaking better than when she left.

She repeated every new expression out loud in the car on the way home and arrived speaking better than when she left. -> Repitió en voz alta varias veces para que se fijara cada nueva expresión en el coche de camino a casa y llegó hablando mejor que cuando salió.

8 to work on your accent

trabajar en tu acento · mejorar deliberadamente tu pronunciación

DEF

to deliberately practise and modify the way you pronounce sounds in order to speak more clearly or more naturally

Work on your accent is not about erasing your identity — it is about clarity and confidence. Every learner has an accent; the goal is to be understood without effort. Focused accent work — recording yourself, mimicking, drilling specific sounds — produces rapid results.

ES

Practicar y modificar deliberadamente la forma en que pronuncias los sonidos para hablar de forma más clara o natural.

No se trata de borrar tu identidad — se trata de claridad y confianza. El trabajo de acento enfocado produce resultados rápidos.

Work on your accent by targeting the specific sounds in English that do not exist in your first language.

Work on your accent by targeting the specific sounds in English that do not exist in your first language. -> Trabaja en tu acento apuntando a los sonidos específicos del inglés que no existen en tu primera lengua.

She worked on her accent for twenty minutes a day for two months and was amazed by the results.

She worked on her accent for twenty minutes a day for two months and was amazed by the results. -> Mejoró deliberadamente su pronunciación durante veinte minutos al día durante dos meses y quedó asombrada por los resultados.

9

a tongue twister

un trabalenguas · una frase difícil de decir rápido para practicar la pronunciación

DEF

a phrase designed to be difficult to say quickly due to repeated similar sounds — used to practise pronunciation

Tongue twisters are the fun side of pronunciation training. They isolate specific sounds and force rapid alternation. 'She sells seashells by the seashore' isolates the S and SH sounds. Using tongue twisters as a warm-up before speaking in English trains your mouth to move faster and more accurately.

ES

Una frase diseñada para ser difícil de decir rápidamente debido a sonidos similares repetidos — usada para practicar la pronunciación.

El lado divertido del entrenamiento de pronunciación. Aíslan sonidos específicos y fuerzan la alternancia rápida.

Try this tongue twister: She sells seashells by the seashore. Say it fast five times and feel your mouth work.

Try this tongue twister: She sells seashells by the seashore. Say it fast five times and feel your mouth work. -> Prueba este trabalenguas: She sells seashells by the seashore. Dilo rápido cinco veces y siente cómo trabaja tu boca.

She used tongue twisters every morning as a five-minute warm-up before her English speaking practice.

She used tongue twisters every morning as a five-minute warm-up before her English speaking practice. -> Usaba trabalenguas cada mañana como calentamiento de cinco minutos antes de su práctica de hablar inglés.

10

to get your mouth around something

acostumbrarte a pronunciar algo · lograr pronunciar algo que te cuesta

DEF

to be able to physically pronounce a word or sound that is difficult or unfamiliar for your mouth

Get your mouth around something is an informal, vivid phrase for the challenge of pronouncing new sounds. It acknowledges that speaking is physical, not just cognitive. Some English sounds — TH, the short I, the schwa — require muscle training before they come naturally.

ES

Ser capaz de pronunciar físicamente una palabra o sonido que es difícil o desconocido para tu boca.

Frase informal y vívida para el desafío de pronunciar nuevos sonidos. Reconoce que hablar es físico, no solo cognitivo.

The TH sound is something many learners take weeks to get their mouths around — and that is completely normal.

The TH sound is something many learners take weeks to get their mouths around — and that is completely normal. -> El sonido TH es algo que muchos estudiantes tardan semanas en acostumbrarse a pronunciar — y eso es completamente normal.

She could not get her mouth around 'specifically' for months, until she broke it into three parts and drilled each one.

She could not get her mouth around 'specifically' for months, until she broke it into three parts and drilled each one. -> No podía lograr pronunciar 'specifically' durante meses, hasta que lo dividió en tres partes y practicó cada una.