

Speak English Now Podcast

Episode #359

Pronunciation Practice - The R and L Sounds

Hi! I'm Georgiana, and I'm back with a new episode of the Speak English Now podcast—the podcast that helps you speak English fluently, with no grammar and no textbooks.

This is the **first episode in a special pronunciation series**. We'll do four episodes in a row, each one focused on different sounds.

In this first episode, we'll work on **R and L**.

Next time, we'll practice the **TH** sound.

Then, we'll look at **V and B**.

And finally, we'll practice **SH and CH**.

So, step by step, you'll train your pronunciation with word pairs, tongue twisters, and fun mini-stories.

And if you like this style of practice, I also have a **complete [Pronunciation Course](https://www.speakenglishpodcast.com/pronunciation-course)** with many more exercises to help you improve. Visit: [PronunciationCourse.com](https://www.speakenglishpodcast.com/pronunciation-course) to get started!

Ok, let's start!

Why are **R** and **L** sounds tricky?

In some languages, the “R” and “L” sounds are very similar, but in English they're different—and they change the meaning of words.

For example: **rice** and **lice**, **light** and **right**, **glass** and **grass**.

First, you'll practice with **word pairs** and **tongue twisters**. Then we'll do a **mini-story** to help you speak more automatically.

Quick Word-Pair Drills (listen & repeat)

light – right

glass – grass

collect – correct

fly – fry

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play – pray
long – wrong
clue – crew
climb – crime
alive – arrive
belly – berry

Word Pair Practice in Sentences

Let's practice some simple examples. Listen carefully and repeat after me.

light – right
I see you in the **right light**.

glass – grass
There is a **glass** on the **grass**.

collect – correct
Please **collect** the **correct** paper.

fly – fry
The **fly** landed on the **fry**.

play – pray
The children **play**, and the parents **pray**.

long – wrong
The **long** answer is not **wrong**.

clue – crew
The **crew** found a **clue**.

climb – crime
He wants to **climb**, not commit a **crime**.

alive – arrive
We were **alive** to see the train **arrive**.

belly – berry
He has a berry in his belly.

Tongue Twister Practice

Listen and repeat.

- Red lorry, yellow lorry.
- Larry likes red lollipops.
- Lions like to roar loudly.
- Lily really likes lemons.

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- Lucky rabbits like to run rapidly.

Coach your mouth: exaggerate the **R** and **L** the first few times. Record yourself once at slow speed and once at fast speed to compare.

If you want to practice more, get my
[Pronunciation Course](https://www.pronunciationcourse.com):



[PronunciationCourse.com](https://www.pronunciationcourse.com)

Now, let's practice with a **mini-story**.



Mini-Story

(Practice Speaking)

I'll tell you a short story, then I'll ask you questions. After each question, you'll answer out loud. Then I'll confirm the correct answer. This helps you think in English and improve your speaking.

Let's start!

Tom went to a restaurant because he was hungry and wanted rice.

Who went to a restaurant? A dog?

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No, no. Not a dog. Tom. Tom went to a restaurant. Tom is a man, not a dog.

Why did Tom go to the restaurant? Did he want to work there?

No. He didn't want to work at the restaurant. He went there because he was hungry.

What food did Tom want? Lice?

No, no. He didn't want lice. Lice isn't something you eat. He wanted rice.

Tom looked at the menu and practiced the word "rice", but he still felt nervous.

Did Tom feel relaxed or nervous?

Nervous. He felt nervous.

What word did he practice?

"Rice." He practiced the word "rice."

When the waiter arrived, Tom tried to order, but he pronounced "rice" incorrectly. He said "lice."

Did Tom pronounce "rice" correctly?

No. He didn't pronounce it correctly.

What did he say instead of rice?

"Lice." He said "lice" instead of "rice".

Was the mistake with the R sound or the L sound?

The R sound. He confused R and L.

The waiter looked confused and a bit alarmed because he heard "lice."

Did the waiter understand Tom?

No. He didn't understand Tom.

How did the waiter feel—confused or confident?

Confused. He felt confused.

What word did the waiter hear, rice or lice?

Lice. He heard "lice."

Tom realized the problem and decided to speak more slowly. He smiled and said, "I want rice, not lice."

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Did Tom cry?

No, no. He didn't cry. In fact, Tom smiled.

Did he speak quickly or slowly?

Slowly. He spoke slowly.

What did he say he wanted?

Rice. He wanted rice, not lice.

To be extra clear, Tom pointed to the word "rice" on the menu and repeated, "Rice, please."

Did Tom point to the menu or to the door?

The menu. He pointed to the menu.

What word did he point to?

"Rice." He pointed to "rice."

Did Tom repeat the word or stay silent?

He repeated it. He repeated the word.

The waiter finally understood and smiled. He said, "Ah! Rice!" Then he brought Tom a big bowl of rice.

Did the waiter finally understand Tom?

Yes. He finally understood.

What did the waiter bring—bread or rice?

Not bread. Rice. He brought rice.

Was it a small bowl or a big bowl?

A big bowl. He brought a big bowl of rice.

Tom tasted the rice and relaxed. Then he ordered lemon tea to relax a little more.

What drink did Tom order—coffee or lemon tea?

Lemon tea. He ordered lemon tea.

Did he want to relax or to run?

To relax. He wanted to relax.

Tom laughed about the mistake and practiced one more time: “rice, rice, rice.” The waiter laughed too and said, “No lice—only rice!”

Did Tom cry?

No, no. He didn’t cry, he laughed. He laughed about the mistake.

Who else laughed—another customer or the waiter?

The waiter. The waiter laughed too.

Excellent work today! You practiced **R** and **L** with word pairs, tongue twisters, and a fun mini-story.

Remember: practice every day. Start slowly, pronounce clearly, then build speed. If you want, record yourself and compare your performance at the beginning and the end of the week.

If you want to practice more, get my

[Pronunciation Course:](#)



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