

## ship / sheep - tense / lax vowel pair lesson

This vowel distinction teaches you to create two new sounds from one in-between sound. The goal is to make the tense [i] more forward and more tense, and the lax [ɪ] vowel more lax. Note the change in vowel height and tenseness and frontness of the tongue, how tensely the tongue is bracing against the sides of the back teeth. **vowel duration:** when followed by a voiceless vowel, the vowel is shorter in duration for both tense and lax counterparts. When voiced consonants follow, the vowel is long.

### short vowel (voiceless coda)

[i] tense    [ɪ] lax

beat	bit
Keet	kit
beets	bits
bleep	blip
deep	dip
reap	rip
leak	lick

### long vowel (voiced coda)

[i:] tense    [ɪ:] lax

Bieb	bib
keyed	kid
beads	bids
bleed	bridge
dweebs	dibs
ream	rim
lead	lid

creepy	crippled
greetings	gritty
reaping	gripping
sleepers	slippers

creamy	criminal
greedy	griddle
breeding	bidding
Seeger	cigar

This is Timothy. Tim is on the team. Tim grabbed his kit to meet the team.

Jim and Steve are brothers and have six kids between them; the eldest is sixteen.

Kimberly bit the beet in her beet salad. Kim sleeps in a slip.

I gave my niece a Bieber bib, and my nephew Harry Potter pajamas for sleeping in.

I skinned my right knee water skiing; it was bleeding.

My sink was leaking, so I had to call a plumber.

The cat is licking itself to bathe and clean its fur.

The last recession crippled the economy deeply. The deep dips of the depths.

I'm going to take a dip in the deep end of the pool.

I bought pills, and orange peel essential oil at the pharmacy.