H Sound Word List

Open the mouth and push a little puff of warm air out from the throat. The tongue and lips do nothing at all.



SOUND	TYPICAL AGE	TYPE
/h/	By age 2-3	Voiceless Glottal fricative

PRACTICE TIP

Fog up a mirror or a window. That warm breath IS /h/ - then add a vowel right behind it: h-h-hat.

/h/ never occurs at the end of a word in English, so this page has initial and medial lists only.

Initial Position (95 words)

The sound is at the beginning of the word.


hat


house


hand


horse


hair


hot


hop


heart

These and 47 more pictured words are in the H Sound picture cards.

1 Syllable

63 words

hat	hood	he	hide	hook
house	hail	head	high	hoop
hand	half	heap	hike	hope
horse	hall	hear	hind	horn
hair	ham	heat	hinge	hose
hot	hang	hedge	hint	hound
hop	hard	heel	hip	howl
heart	harp	height	hive	huff
hill	hatch	held	hoe	hum
help	haul	her	hold	hush
home	have	herd	hole	hut
hug	hawk	here	honk	
hen	hay	hers	hoof	

2 Syllables

26 words

happy	hurry	harbor	hero	hurdle
hammer	hundred	harvest	highway	husband
honey	hungry	hat box	hobby	
hippo	hamster	haystack	hollow	
hockey	handle	heavy	hornet	
hanger	happen	helmet	huddle	

3 Syllables

4 words

hamburger	history	holiday	hospital

4 Syllables

2 words

harmonica	helicopter

High-frequency initial words

Everyday words rather than picture-card words - which is why most lists leave them out. A child already says these hundreds of times a day, so they carry more carryover value than any noun above. Target them in conversation, not in drill.

he, have, here, who, his, had, help, hello, happened, hear, hi, hold, whole, hope, having, happen, hot, himself, happens, happening, hide, hungry, whose, herself, helping, helped, hiding, heavy, hoping, helps

Medial Position (37 words)

The sound is in the middle of the word.


behind


anthill


beehive


playhouse


doghouse


forehead


greenhouse


treehouse

These and 11 more pictured words are in the H Sound picture cards.

2 Syllables

31 words

behind	greenhouse	birdhouse	funhouse	peephole
ahead	inhale	downhill	pinhole	pothole
anthill	somehow	behave	schoolhouse	unhurt
beehive	treehouse	boathouse	sinkhole	
playhouse	uphill	clubhouse	unhook	
doghouse	perhaps	dollhouse	foothill	
forehead	lighthouse	farmhouse	keyhole	

3 Syllables

6 words

unhappy	grasshopper	potholder
overhead	firehouse	neighborhood

High-frequency medial words

Everyday words rather than picture-card words - which is why most lists leave them out. A child already says these hundreds of times a day, so they carry more carryover value than any noun above. Target them in conversation, not in drill.

behind, ahead, perhaps

Generalization

Word lists get a sound into a child's mouth. Generalization is what gets it into their life. These are activities where the target words come up on their own, so nobody has to be talked into practicing.

Play-based ideas for young children

Hide and seek

Hide a toy and give hot-or-cold hints. Let them hide it for you too.

Words that come up: hide, hot, here, help, house, hand, hat, who, how, hooray, behind, hiding, have, hey

Hat shop

Try on every hat in the house, including improvised ones. Look in a mirror and react to each.

Words that come up: hat, head, hair, help, how, hot, here, have, hold, happy, hi, hello, ha ha, huge

Hopping game

Hop like a rabbit, a frog, a kangaroo. Hop to things you name, then hop back.

Words that come up: hop, high, here, hurry, hold, hand, help, hooray, hot, happy, home, how many, hang on

Conversation and verbal games for older kids

How do you

Explain how to do something ordinary in exact steps. "How" starts every round, and instructions are full of /h/.

Hypotheticals

What would happen if...? Every question starts with a /h/ word and the answers usually contain more.

Headline news

Turn the day into news headlines. "Here," "happened" and "headline" are constants.