



## USING PROVERBS AND TONGUE TWISTERS TO IMPROVE SPEAKING SKILLS

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**Annotation.** *This thesis explores the benefits of using proverbs and tongue twisters as tools for improving English speaking skills. It argues that these two simple types of phrases are highly effective for students who want to speak more clearly, fluently, and confidently. The paper will explain how proverbs help with natural speech flow and cultural understanding, while tongue twisters strengthen mouth muscles and improve pronunciation. Examples are provided to show how these tools can be used in practice.*

**Keywords:** *Speaking skills, pronunciation, fluency, confidence, proverbs, tongue twisters, English learning.*

### **Introduction**

For many people learning English, speaking is the most difficult skill to master. It is one thing to understand grammar rules or to write a correct sentence, but it is quite another to speak smoothly and clearly in a real conversation. Learners often face problems such as not being able to pronounce words correctly, speaking too slowly, or feeling too shy to open their mouths. They know the words in their head, but their mouth cannot produce them fast enough or correctly. To solve these problems, students often focus only on textbooks and grammar exercises. However, there are other, more playful tools that can make a big difference. Two of these tools are proverbs and tongue twisters. A proverb is a short, wise saying that gives advice, like “Honesty is the best policy.” A tongue twister is a phrase that is difficult to say quickly because of similar sounds, like “She sells seashells by the seashore.”

At first glance, these might seem like simple games or old-fashioned sayings. However, they are actually very powerful for language learning. This thesis will show that by practicing proverbs and tongue twisters regularly, students can improve their speaking skills in three key areas: pronunciation, fluency, and confidence.

### **Main Part**

The first major benefit of using these tools is better pronunciation. Pronunciation is about making the correct sounds of a language. English has many sounds that do not exist in other languages, and learners’ mouths are often not used to making them. This is where tongue twisters are particularly useful. They force the speaker to repeat difficult sounds again and again. For example, the tongue twister “Red lorry, yellow lorry” is excellent for practicing the /r/ and /l/ sounds, which are famously difficult for many Asian learners. Another example is “I scream, you scream, we all scream for ice cream,” which helps with the long /i:/ sound. When a student practices these phrases slowly at first, and then faster, their tongue, lips, and



jaw learn to move in new ways. It is like a workout for the mouth. This physical practice helps the student produce the correct sounds more naturally, without thinking so much. Proverbs also help with pronunciation, but in a different way. They help with connected speech. In natural English, words are not pronounced separately. Sounds link together, and some sounds are even dropped. For instance, in the proverb “A stitch in time saves nine,” a native speaker will link the words “stitch” and “in” together so it sounds like “a-sti-chin-time.” By practicing proverbs, students get used to this natural rhythm and flow of the language, which is essential for being understood.

The second benefit is increased fluency. Fluency means being able to speak smoothly without stopping too many times to think. Proverbs help with this because they are short, fixed expressions. If a student memorizes a proverb like “Practice makes perfect,” they do not have to construct the sentence from scratch every time. The whole phrase comes out as one piece. This saves mental energy and allows the speaker to focus on the next part of the conversation. Using common proverbs also makes the speaker sound more natural, like a native speaker. Tongue twisters build fluency by training the brain and mouth to work together faster. When you practice saying “Peter Piper picked a peck of pickled peppers” over and over, you are training your speech muscles to move quickly and accurately. At first, you might say it very slowly and still make mistakes. But with practice, your speed increases. This skill transfers to normal speech. If you can say a difficult tongue twister clearly and quickly, normal sentences become much easier to handle. Finally, these tools build confidence. Speaking a new language is risky. You might make a mistake and feel embarrassed. Proverbs and tongue twisters offer a safe way to practice. You can practice them alone, in front of a mirror, or with friends in a fun, low-pressure way. Mastering a difficult tongue twister gives a great feeling of success. Similarly, being able to use a wise proverb in a conversation makes a learner feel proud and competent. This positive feeling reduces the fear of speaking and encourages learners to participate more in real conversations. When you feel more confident, you speak more, and when you speak more, you improve even further.

### **Conclusion**

In conclusion, proverbs and tongue twisters are far more than just fun parts of a language. They are effective and accessible tools for improving speaking skills. Tongue twisters provide excellent pronunciation practice by training the mouth to make difficult sounds, while proverbs help learners understand the natural rhythm and flow of English. Both tools build fluency by providing ready-made phrases and by speeding up the connection between thought and speech. Most importantly, they build the confidence that learners need to actually go out and use the language. Therefore, every English student should try to spend a few minutes each day practicing a new proverb or a tricky tongue twister. It is a small habit that can lead to big improvements in speaking.





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