

Speech and Language Home Practice

Fluency

Dear Parent(s):

During this time while students are out of school, it is important to keep up their current speech and language skills. Please spend 15-30 minutes daily working with your student.

Have your student practice their slow and easy speech while talking with peers and adults.

- <https://www.stutteringhelp.org/>

The above is a good resource to start with if you want additional practice for you student.

While working on their speech, students can:

- I can recognize when I stutter.
- I can use fluency techniques to practice smooth speech in sentences and conversation.

If you have any questions or concerns about the materials provided, different ways you can support your students' language, or need any more materials please feel free to contact me at devon.whitt@richlandone.org. Office hours will be from 9:00-11:30 am and 1:00-2:30pm.

Additional resources will also be provided on the school E Learning website.

I hope your family stays safe and healthy during this time,

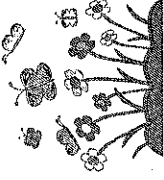
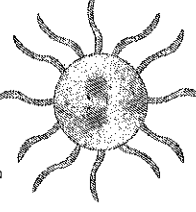

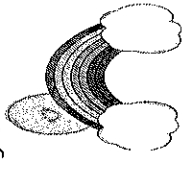


Devon Whitt, MSP CCC-SLP

Speech Language Pathologist

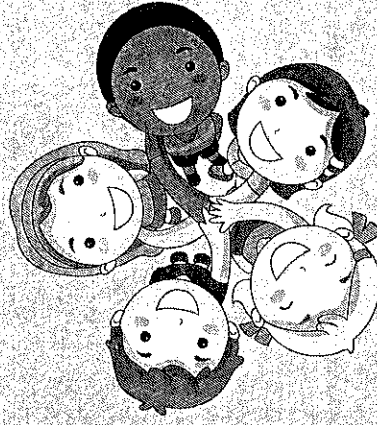
HOME PRACTICE - FLUENCY

Fluency can also be called: Easy Speech, Forward Flowing Speech, Smooth Speech

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
<p>Say the following sentence using super slow speech then again with super fast speech.</p> <p><i>Did you see the movie Sonic the Hedgehog?</i></p>	<p>Draw a picture. Describe your picture to someone using your best fluency skills.</p>	<p>Practicing using your best fluency skills during breakfast.</p>	<p>When talking to people today, make sure you talk using an appropriate rate, allowing time for pausing.</p>	<p>Stretch out these words:</p> <ul style="list-style-type: none"> • Apple • Egg • Igloo • Octopus • Onion 	<p>Enjoy the weekend!</p> 
<p>Say the following sentence using a high pitch then again with a low pitch.</p> <p><i>Spring is my favorite season.</i></p>	<p>You Choose! Choose a 5-10 minute time period today to practice using your best fluency skills!</p>	<p>Practice using your best fluency skills during lunch.</p>	<p>Use your best eye contact when speaking today.</p>	<p>Say these words using exhaled air.</p> <ul style="list-style-type: none"> • Hect • Happy • Horse • Hippo • Helicopter 	<p>Enjoy the weekend!</p> 
<p>Say the following sentence using "easy/fluent" speech, then again with "bumpy/dysfluent" speech.</p> <p><i>Let's go to the movies</i></p>	<p>Tell somebody about your favorite movie today. Make sure you use your best fluency skills.</p>	<p>Practice using your best fluency skills during dinner.</p>	<p>Try to stay relaxed today when speaking. Take belly breaths if needed.</p>	<p>Say these words in sentences using light contact:</p> <ul style="list-style-type: none"> • bus • pen • teach • dance • Month • Nose 	<p>Enjoy the weekend!</p> 
<p>Say the following sentence using an "excited" then a "sleepy" tone of voice.</p> <p><i>Do you like pickles?</i></p>	<p>Be a fluency detective today. Listen for other people using "bumpy speech".</p>	<p>Practice using your best fluency skills while you're in the kitchen today.</p>	<p>When talking to people today, make sure you give yourself a few seconds wait time before responding.</p>	<p>Stretch these words using one breath:</p> <p>man...fan cat...mat top...tap</p>	<p>Enjoy the weekend!</p> 

FLUENCY

A little practice everyday helps your communication skills stay!



Practice 3-4 times weekly to help maintain your speech skills!