

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"> • Hat • 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 your 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!

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