
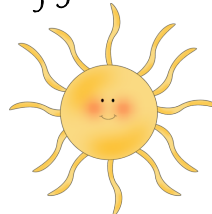






# HOME PRACTICE – FLUENCY

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

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday<br>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"> <li>• Apple</li> <li>• Egg</li> <li>• Igloo</li> <li>• Octopus</li> <li>• Onion</li> </ul>                                      | <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"> <li>• Hat</li> <li>• Happy</li> <li>• Horse</li> <li>• Hippo</li> <li>• Helicopter</li> </ul>                         | <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"> <li>• bus</li> <li>• pen</li> <li>• teach</li> <li>• dance</li> <li>• Month</li> <li>• Nose</li> </ul> | <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<br/>cat...mat<br/>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!