

DECEMBER FLUENCY PRACTICE

Name: _____ Date: _____

Activities are designed to be completed in 5-15 minutes. Color or 'X' the boxes as you complete each activity. Your child's IEP will list the specific goals your student is working to master. If you are unsure of the sounds or skills your child is practicing please refer to the IEP.

MON	TUES	WED	THURS	FRI
TELL SOMETHING: Tell someone about a story you have read. Use smooth speech.	LISTENING DAY: Do you hear anyone with dysfluent speech?	FLUENCY STRATEGIES: Practice chunking-group words together and put pauses between them.	Choose an activity to use smooth, easy speech: <input type="checkbox"/> sing a song <input type="checkbox"/> tell a joke <input type="checkbox"/> ask a question <input type="checkbox"/> read a book	SMOOTH SENTENCES: Use smooth, easy speech to say "What do you want for Christmas? Try saying it in the mirror."
TELL SOMETHING: Tell someone your holiday plans. Use smooth speech.	LISTENING DAY: Do you hear anyone with dysfluent speech?	FLUENCY STRATEGIES: Practice cancellation-after a stutter: stop, take a breath and say it again.	Choose an activity to use smooth, easy speech: <input type="checkbox"/> call a friend <input type="checkbox"/> tell a story <input type="checkbox"/> play a game <input type="checkbox"/> share your day	GAME DAY: Play UNO. Use easy, relaxed speech to name the colors. *You can substitute another board game if needed*
TELL SOMETHING: Ask someone about their holiday plans. Use smooth speech.	LISTENING DAY: Do you hear anyone with dysfluent speech?	FLUENCY STRATEGIES: Practice pull-out-stop in the middle of a stutter; pause and state the word again in and easier manner.	Choose an activity to use smooth, easy speech: <input type="checkbox"/> sing a song <input type="checkbox"/> tell a joke <input type="checkbox"/> ask a question <input type="checkbox"/> read a book	SMOOTH SENTENCES: Use smooth, easy speech to say "Where are you traveling for winter break?" Try saying it in the mirror.
TELL SOMETHING: Tell someone about something about the holiday you celebrate in December. Use smooth speech.	LISTENING DAY: Do you hear anyone with dysfluent speech?	FLUENCY STRATEGIES: Practice stretchy speech- stretch sounds and prolong syllables.	Choose an activity to use smooth, easy speech: <input type="checkbox"/> call a friend <input type="checkbox"/> tell a story <input type="checkbox"/> play a game <input type="checkbox"/> share your day	GAME DAY: Play iSpy. Use easy, relaxed speech to ask for a card. *You can substitute game if needed*

CHECKING IN!

Directions: How do you feel about your speech? Write down any times you have had dysfluent speech this month.



