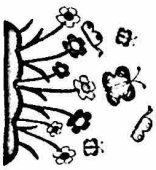
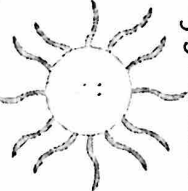
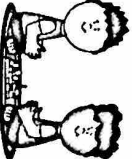
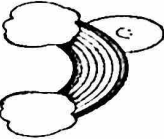


HOME PRACTICE – FLUENCY

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
Say the following sentence using super slow speech then again with super fast speech. <i>Did you see the movie Sonic the Hedgehog?</i>	Draw a picture. Describe your picture to someone using your best fluency skills.	Practicing using your best fluency skills during breakfast.	When talking to people today, make sure you talk using an appropriate rate, allowing time for pausing.	Stretch out these words: • Apple • Egg • Igloo • Octopus • Onion	Enjoy the weekend! 
Say the following sentence using a high pitch then again with a low pitch. <i>Spring is my favorite season.</i>	You Choose! Choose a 5-10 minute time period today to practice using your best fluency skills!	Practice using your best fluency skills during lunch.	Use your best eye contact when speaking today.	Say these words using exhaled air. • Hat • Happy • Horse • Hippo • Helicopter	Enjoy the weekend! 
Say the following sentence using "easy/fluent" speech, then again with "bumpy/dysfluent" speech. <i>Let's go to the movies</i>	Tell somebody about your favorite movie today. Make sure you use your best fluency skills.	Practice using your best fluency skills during dinner.	Try to stay relaxed today when speaking. Take belly breaths if needed.	Say these words in sentences using light contact: • bus • pen • teach • dance • month • nose	Enjoy the weekend! 
Say the following sentence using an "excited" then a "sleepy" tone of voice. <i>Do you like pickles?</i>	Be a fluency detective today. Listen for other people using "bumpy speech".	Practice using your best fluency skills while your in the kitchen today.	When talking to people today, make sure you give yourself a few seconds wait time before responding.	Stretch these words using one breath: man...fan cat...mat top...top	Enjoy the weekend! 

FLUENCY

A little practice
everyday helps
your
communication
skills stay!



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