

SPEAK OUT!® Therapy Exercises

Using the booklet and flashcards in the SPEAK OUT! eLibrary will produce the best treatment results;
however, if internet access is limited, use this handout as a guide.



Warm-Up Exercise

- Recite **May--Me--My--Moe--Moo** - smooth and connected.
- Lift your voice and project it forward.
- Repeat five times for home practice and therapy sessions.

Ah Exercise

- Say “ah” with a good quality voice for a maximum of 10 seconds.
- Lift your voice and project it forward.
- Repeat five times for home practice and 10 times in therapy sessions.

Glide Exercise

- Produce a steady “ah.” Glide UP. Stop.
- Produce a steady “ah.” Glide DOWN. Stop.
- Repeat five times for home practice and 10 times in therapy sessions.

Counting Exercise

- Recite these numbers three times - smooth and connected.
- Lift your voice and project it forward.

1	2	3	STOP
4	5	6	STOP
7	8	9	STOP

Reading Exercise

- Level I - Read phrases.
- Level II - Read sentences.
- Level III - Read paragraphs.
- Read for at least three minutes with INTENT.
- Master one level before advancing to the next.

Conversation Exercise

Level I:

- Word and Phrase Activities:
 - Yes / No questions.
 - Use Word and Photo Flashcards to name objects and spell them.
 - Use Category Flashcards to name one to three objects in that category.
 - Complete phrases (e.g., Up and _____).
 - Use Word and Photo Flashcards to create short phrases using that object.
 - Use Math Flashcards and say the answer to the equation.
 - Use Problem Solving and Conversation Flashcards to describe your answer using one or two words.

Level II:

- Sentence and Conversation Activities:
 - Use Word and Photo Flashcards to spell words forward and backward.
 - Use Category Flashcards and name six objects.
 - Use Word, Photo, and Category Flashcards to create sentences.
 - Use Math Flashcards to read and answer the entire equation.
 - Use Money Flashcards to state the total and list items you can purchase.
 - Use Problem Solving and Conversation Flashcards to answer questions.

Level III:

- Sentence and Conversation Activities:
 - Use Category Flashcards to name up to 10 objects, and use those words in sentences.
 - Use Math and Money Flashcards to list items you can purchase, and talk about where you could make those purchases. Give directions from your home to the various stores.
 - Use Problem Solving and Conversation Flashcards, and describe your answers in detail.
 - Use Problem Solving and Conversation Flashcards to describe a time you experienced a similar situation.
 - Use the Problem Solving Flashcards to describe at least two solutions for each scenario.