

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 and project your voice.
- Repeat five times for home practice and therapy sessions.

Ah Exercise

- Say “ah” with a quality voice for a maximum of 10 seconds; lift and project your voice.
- 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.

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Conversation Exercise

Level I:

- Word and Phrase Examples:
 - 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 the Problem Solving and Conversation Flashcards and describe your answer using one or two words.

Level II:

- Sentence and Conversation Examples:
 - Use Word and Photo Flashcards to spell words forward and backward.
 - Use the Category Flashcards and name eight objects.
 - Use Word, Photo, and Category Flashcards to create your own sentences.
 - Use Math Flashcards to read and answer the entire equation.
 - Use Money Flashcards to say the amount and list the items you can buy.
 - Use Problem Solving and Conversation Flashcards to answer questions

Level III:

- Sentence and Conversation Examples:
 - Use Category Flashcards to name up to 15 objects and use those words in sentences.
 - Use Math and Money Flashcards to talk about the items you can buy with the answers; talk about where you would go to buy the items; talk about the kinds of people who would buy those items.
 - Use Problem Solving and Conversation Flashcards and describe your answers in detail.
 - Use Problem Solving and Conversation Flashcards and talk about a time you experienced a similar situation.
 - Use the Problem Solving Flashcards and talk about alternative solutions.