

Activity Name

Easy Onset & Light Contact Practice

Requirements

Picture cards with varying syllable structures (e.g., "apple" (vowel-consonant-consonant-vowel), "banana" (consonant-vowel-consonant-vowel-consonant-vowel), "spaghetti" (consonant-consonant-vowel-consonant-vowel-vowel-consonant-vowel))

Mirror (optional, for visual feedback)

Timer

Instructions

Introduction (5 minutes): Explain to the client that the activity will focus on practicing easy onset and light articulatory contacts to improve fluency. Review what easy onset and light contact mean (gentle start to sound production, minimal tension in articulators). Demonstrate each technique clearly.

Easy Onset Practice (10 minutes): Select a picture card. Ask the client to describe the picture using a sentence. Model the sentence first, focusing on initiating the first word with a gentle, relaxed breath and voice. Encourage the client to imitate, focusing on easy onset. For example, if the picture is of an apple, model "An apple is red and round." Encourage the client to use "An" as a smooth beginning. Repeat with other picture cards, providing positive reinforcement and gentle corrections as needed.

Light Contact Practice (10 minutes): Choose picture cards and repeat the task, this time focusing on light articulatory contacts. Remind the client to use minimal pressure with their lips, tongue, and teeth when producing sounds. Model, for example, saying the word "banana" with light touches of the lips and tongue. Encourage the client to imitate, paying attention to their own articulatory tension (using the mirror, if available).

Wrap-up (5 minutes): Review the concepts of easy onset and light contact. Ask the client to reflect on how they felt using these techniques and identify situations where they might use them in everyday conversation. Provide positive feedback and encouragement.