

Smooth Talk Toss

Requirements

Soft ball or beanbag

Phrase cards (age-appropriate phrases)

Timer

Instructions

Warm-up (5 minutes): Begin with a brief warm-up. Ask the client to take a few deep breaths and practice slow, relaxed speech on simple words or sounds that they find easy. Encourage them to pay attention to their breathing and muscle tension.

Introduction to Smooth Talk Toss (2 minutes): Explain the activity. "Today, we're going to play Smooth Talk Toss to practice our fluency. I'll toss you the ball or beanbag, and when you catch it, you'll pick a card and read the phrase as smoothly as you can. Remember to use your fluency strategies!"

Phrase Card Practice (20 minutes): Shuffle the phrase cards and place them face down.

Toss the ball or beanbag to the client.

When the client catches it, they choose a card and read the phrase aloud.

Encourage the client to use their fluency strategies (e.g., easy starts, light articulatory contacts, stretching) as they speak.

Provide positive reinforcement and specific feedback on their fluency. For example, "That was great! I noticed you used an easy start on the first word. Let's try the next one."

If the client stutters, gently remind them of their strategies and encourage them to try again, focusing on maintaining a slow and controlled pace.

Repeat, taking turns tossing the ball or beanbag and reading phrases. Adjust the difficulty of the phrases as needed to match the client's skill level.

Cool-down (3 minutes): End the activity with a cool-down. Ask the client to use their smooth speech on a sentence they create themselves. Have the client rate their own performance.