

Fluency Chain Reaction

Requirements: Index cards, markers, timer.

Steps:

(5 mins) Warm-up: Easy Onset Practice: Each participant shares their name and a favorite hobby using easy onset techniques (gentle breath, slow start). Model as needed.

(10 mins) Phrase Building: Divide participants into pairs. Each person writes 3-5 simple phrases on index cards (e.g., "The cat is black," "I like to swim").

(20 mins) Chain Reaction Game: Pair A starts by saying one of their phrases smoothly. Pair B then chooses one of their phrases that relates in some way to the previous phrase (association, rhyming, topic, etc.) and says it fluently. The "chain" continues as each pair says a phrase and the next pair creates a link. Emphasize smooth transitions and reduced tension. If a participant blocks, encourage easy onset strategies.

(5 mins) Cool-down: Stretches & Breathing: Guide participants through gentle neck/shoulder stretches and deep breathing exercises, focusing on relaxation to improve fluency.

(5 mins) Discussion: Briefly discuss strategies used, challenges faced, and what they found helpful for maintaining fluency.