

Activity Name

Smooth Speech Story Time

Requirements

A children's storybook (choose one appropriate for the client's age and interests, e.g., "The Very Hungry Caterpillar").

A visual aid: a stoplight image (Green = Smooth Speech, Yellow = Easy Onset, Red = Relax).

A visual aid: a list of fluency-enhancing strategies (e.g., "Easy Onset," "Light Articulation," "Pausing," "Reduced Rate").

Instructions

Introduction (5 minutes):

Greet the client and briefly review the concept of smooth speech.

Show the stoplight visual aid. Explain: "Today, we're going to read a story and practice using our smooth speech tools. Green light means we are using smooth speech, Yellow light is a reminder to use easy onset, and Red light means we need to relax and take a deep breath before speaking again."

Review the list of fluency enhancing strategies to remind the client what strategies are available for them to use.

Story Reading with Fluency Strategies (20 minutes):

Begin reading the story aloud, modeling smooth speech and incorporating the fluency-enhancing strategies.

Encourage the client to read along, either chorally (together) or independently, paragraph by paragraph, depending on their comfort level.

Prompt the client to use specific strategies (easy onset, light articulation, pausing, reduced rate) when you observe disfluencies or feel they might struggle.

Use the stoplight visual aid to provide immediate feedback:

If the client is speaking smoothly, point to the green light.

If you notice tension or a hard start, point to the yellow light and remind them to use easy onset.

If the client becomes blocked or experiences significant tension, point to the red light and encourage a brief relaxation technique (e.g., deep breath, shoulder shrug).

Praise and encourage the client's efforts to use the strategies. Focus on effort and progress, not perfection.

Wrap-up and Review (5 minutes):

After reading the story, discuss the experience with the client.

Ask them how they felt using the smooth speech strategies.

Review which strategies worked best for them and how they can use them in other situations.

Provide positive reinforcement and encouragement. For example: "You did a great job today! I especially noticed how well you used easy onset. Keep practicing, and you'll become even more confident with your smooth speech."