

Treat articulation by using a hierarchy of speech sounds:

1. Sounds in Isolation

2. Syllables

- Puh
- Paw
- Pee
- Poo
- Buh
- Bee
- Boo
- Bow
- Muh
- Me
- Mow
- My

3. Words

- Page
- Peace
- Peer
- Puck
- Peek
- Bake
- Beak
- Bed
- Bash
- Beef
- Meat
- Maze
- Move
- More
- Met

4. Longer words

- Parking
- Painful
- Polite
- Peaceful

- Package
- Birthday
- Bottle
- Baggage
- Breathy
- Boyish
- Marvel
- Master
- Molar
- Minimal
- Multitude

5. Minimal pairs

- Ten/Hen
- Name/Lame
- Lane/Lake
- Cut/Cup
- Knit/Sit
- Pass/Pad
- Zen/Pen
- Gain/Game
- Bank/Sank
- Set/Get

6. Phrases

- I say _____
- _____ is the word
- The word is _____
- Two bananas
- Credit Card
- Rest Area
- Good Luck
- Local bank
- The end
- Left turn only
- How are you?

Aphasia Readers offers free PDF [practice phrases](#), organized by theme (holidays, pets, etc.)

7. Sentences for Dysarthria Treatment

- Good to see you!

- I hope to arrive early.
- Take one pill with water.
- The best bookseller for board books is in Boston.
- Pass the pepper to my plate.
- Must we move to Montana on Monday?

8. Conversations for Dysarthria Treatment

- What is your favorite season and why?
- What would you do if you inherited a million dollars?
- What are your favorite sporting events and why?
- What would you do if you were 25 again?
- Coffee or tea? Why

Gloss Dysarthria Speech Exercises

Your tongue is responsible for touching very specific places in your mouth at a high rate of speed to create clear speech. This can be difficult following a surgery where tissue in the mouth is removed. Your tongue will be less mobile and not as strong as it was prior to surgery. This often results in unclear or mumbled sounding speech. Below are strategies and practice exercises to help improve the quality of your speech sounds. This will make it easier for you to be understood by others.

Strategies for Clear Speech:

- Think **SLOW**. The slower you speak, the easier it is for others to understand you. This also allows time for your tongue, lips, and other articulators to get where they need to for certain speech sounds.
- Open your mouth and **OVER** pronounce your words.
- Make sure you are face to face with your listener and use gestures and eye contact to add to your message.
- Reduce or eliminate background noise. Turn the TV or radio volume down when you are about to speak to someone.
- Provide the listener with context. This helps prepare the listener to expect certain words.
- Do not be afraid to repeat yourself if someone does not understand you the first time.

Using the strategies above, practice the following 3-4 times a day.

- PRACTICE saying Days of the Week
- PRACTICE counting 1-20
- PRACTICE saying favorite sports teams
- PRACTICE saying "My name is _____"

- PRACTICE saying Months of the Year
- PRACTICE saying the alphabet “A, B, C, D, E, F....”
- PRACTICE saying “My birthday is _____”
- PRACTICE saying different holidays (Thanksgiving, Christmas)
- PRACTICE saying names of family members
- PRACTICE saying individual sounds with extra strength: “P”, “B”, “K”, “G”
- PRACTICE saying common sentences and phrases you say frequently