

Fluent Speech Progress

Rule #1: Speak slowly

Date:

1	I can say words slowly when I copy the teacher.							
2	I can say words slowly when I read from a list.							
3	I can read one sentence slowly.							
4	I can read five sentences slowly.							
5	I can speak slowly when I describe a picture using one sentence.							
6	I can speak slowly when I describe a picture using five sentences.							
7	I can speak slowly when telling a story using five sentences.							
8	I can slow my speech while I am talking when my teacher gives the reminder signal.							

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Rule #2: Say one word at a time

Date:

1	I say one word at a time when I copy the teacher.							
2	I can say words one at a time when I read from a list.							
3	I can read one sentence, one word at a time.							
4	I can read five sentences, one word at a time.							
5	I say one word at a time when I describe a picture using one sentence.							
6	I say one word at a time when I describe a picture using five sentences.							
7	I say one word at a time when telling a story using five sentences.							
8	I can remember to say one word at a time while I am talking when my teacher gives the reminder signal.							

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Rule #3: Use speech breathing

Date:

1	I can feel relaxed breathing muscles with my hand on my stomach.							
2	I can feel tight breathing muscles with my hand on my stomach.							
3	I can draw a picture of a speech breathing curve.							
4	I can interrupt my easy breathing by tightening my muscles.							
5	I can relax my tight breathing muscles and breathe easily.							
6	I can use easy breathing to repeat a sentence after my teacher.							
7	I can use easy breathing to describe a picture in one sentence.							
8	I can use easy breathing to describe a picture in five sentences.							

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Rule #4: Start the voice gently

Date:

1	I can feel my gentle humming voice with my fingertips on my throat.							
2	I can feel my tight throat muscles when I cough or pull up on my chair.							
3	I can start my voice gently with a hum and then change to the vowel sounds.							
4	I can start my voice gently and repeat words after my teacher.							
5	I can start my voice gently and read words from a list.							
6	I can start my voice gently and keep it flowing to read a sentence.							
7	I can start my voice gently and keep it flowing to describe a picture.							
8	I can relax my tight throat and use a gently flowing voice while I am speaking when my teacher gives me the reminder signal.							

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Rule #5: Touch the Speech Helpers together gently

Date:

1	I can say words starting with p and b and m with gently touching lips.							
2	I can say sentences with p, b, and m words, using gently touching lips.							
3	I can use gentle tongue contact on k, g, t, and d words.							
4	I can say sentences with k, g, t, and d words using gentle tongue contact.							
5	I can read 5 sentences using gentle touch on all words.							
6	I can describe a picture in one sentence using gentle touch on all words.							
7	I can tell a story in five sentences using gentle touch on all words.							
8	I can remember to use gentle touch if my teacher gives me the signal while I am speaking.							

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Rule #6: Keep the Speech Helpers moving

Date:

1	I can "walk" with my fingers while I repeat a sentence after my teacher, keeping my speech helpers moving.							
2	I can keep my speech helpers moving while I read a sentence.							
3	I can keep my speech helpers moving while I describe a picture in one sentence.							
4	When I read a paragraph aloud, I can divide the sentences into short phrases and pause between them.							
5	I can separate my talking into phrases and short sentences as I describe a picture.							
6	I keep my speech helpers moving while using phrases and short sentences to describe a picture.							
7	I can keep my speech helpers moving while I tell a story using several short phrases & sentences.							
8	I can remember to "keep it short" if my teacher gives me the signal while I am speaking.							

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Rule #7: Use only the Speech Helpers to talk

Date:

1	I can look for extra movements of my face and body when I talk by watching myself in the mirror.							
2	I can catch myself using extra movements when I talk.							
3	I can repeat my teacher's sentence as I look in the mirror, moving only my speech helpers.							
4	I can say my own sentence as I look in the mirror, moving only my speech helpers.							
5	I can say my own sentence moving only my speech helpers, without looking in the mirror.							
6	I can describe a picture in five sentences moving only my speech helpers, without looking in the mirror.							
7	I can say tell a story in five sentences moving only my speech helpers, without looking in the mirror.							
8	I can remember to move only my speech helpers, if my teacher gives me the signal while I am talking.							