



# Relaxation Exercises

1. Ice cube- Pretend to be an ice cube (Be still& hard). Now, start to melt. Relax your body into a puddle of water. How do you feel different when you are frozen? When you are melted? Try to keep your muscles from feeling too tense or hard (like an ice cube) when you are talking.



# Relaxation Exercises



- Soldier Meets Rag Doll

Pretend you are a soldier. Stand straight and tall. Try walking . Keep your body straight and stiff. Now pretend you're a rag doll. Be limp and let your arms and legs wiggle. Think about how your body feels between the two.



# Relaxation Exercises



- Tree

Pretend you're a tall tree. Raise your arms above your head and hold them high. Think about how your muscles feel. Now, pretend the wind starts to blow. Wave your arms gently back and forth. Think about how this feels. Try to keep your muscles from being too stiff when you talk.



# Relaxation Exercises



- Sports Fun

Pick your favorite sport. Pretend you are playing your favorite sport. Start the movement and when I say “Freeze” stop and hold your position. Now, keep standing there and think about how your muscles feel! They have to be very tense to hold that position. Wait,,, Ok relax and finish the movement. Shake the tension out. REMEMBER to try not to be too tight or stiff when you talk.





# “Easy-Flowing Speech”

- 1. Bouncing- bababa- Baseball
- 2. Sliding/Stretching



- 3. Easy Onset (vowels) a-e-i-o-u --- gentle touching of vocal fold when you make vowel sounds at the beginning of a word.  
Practice: Ice cream
- 4. Soft Contacts/Light Touches (consonants) – gentle touching of speech helpers when you make consonants at the beginning of a word. Take a breath and then make contact...Practice: (Take Breath) exhale out and state butterfly  
NOT butterfly.

/m/, /n/, /f/, /v/, /sh/, /w/, /h/, /r/, /l/, /s/, /z/, /y/ and all vowels

**Our  
Goal**

# “Easy-Flowing Speech”

5. Cancellation/Catching-  Stop/Catch and Say word again with easy speech.

Examples:

I went to the (silent block on) beach, bea-bea-beach.

Give me (prolong) ssssome, so-so-some candy.

You can (repeat) w-w-w-watch, w-----atch (slide) TV.

I saw an (silent block) icicle, icicle. (easy onset)

6. Pull-Outs



# Types of Bumpy Speech

## Interjections

*Sound-Syllable*                      *um...um... I had a cat*

*Whole-Word*                      *I had well problem This morning.*

*Phrase*                      *I had a you know problem this morning.*

## Silent

*A silent duration*                      *I was going to the ( ) store.*

*with in speech considered “funny”*

# Types of Bumpy Speech

## Broken Words

*A silent pause within words*      *It was won ( )derful*

## Incomplete Phrases

*Incomplete*    *I don't know how to .... Let us go guys.*

## Revisions

*Change words, ideas*      *I thought I will write a*  
*letter, card*