

FLUENCY STRATEGIES	BELLY BREATHING		EASY SPEECH		CHUNKING		WAIT TIME		EYE CONTACT											
	Practice deep breathing by moving your belly (diaphragm) in-and-out; not just your chest.		Let out a little air (ex: A--pples) before starting to speak; stretch sounds to help air flow.		Pause at natural breaks to get a brief breath so you have enough air to finish speaking.		Waiting a second or two before responding helps you to not feel rushed. Pause, then answer.		Be sure to look at the person to whom you are speaking in conversation.											
	MONDAYS		TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS											
Week 1	Count to 2 to inhale, and to 4 to exhale; do this 3 times.		Use easy speech to tell 1 way the pair is alike: Sugar Cookie – Gingerbread Man		What do we do with these? Pause for air at breaks. • Star • Bell • Cookie		Would your rather build a snowman who could come alive, or bake a gingerbread man who could come alive? Why?		Have a conversation with a friend about your favorite family tradition. Be sure to look at the person when you speak.											
Week 2	Count to 3 to inhale, and to 6 to exhale; do this 3 times.		Use easy speech to tell 1 way the pair is different: Sugar Cookie – Gingerbread Man		What do these look, feel, sound, smell or taste like? Pause for air at breaks. • Star • Bell • Cookie		Would your rather live in the North Pole during winter, or live in a desert during summer? Wait, then explain why.		Have a conversation with a friend about your favorite seasonal movie. Be sure to look at the person when you speak.											
Week 3	Count to 4 to inhale, and to 8 to exhale; do this 3 times.		Use easy speech to tell 2 ways each pair is alike: Sled – Ice Skates Winter – Summer		Where can these be found or used? Pause for air. • Star • Bell • Cookie		Would your rather have teeth that glowed when you talked, or a nose that glowed when you sneezed? Why?		Have a conversation with a friend about your favorite winter activity. Be sure to look at the person when you speak.											
Week 4	Count to 5 to inhale, and to 10 to exhale; do this 3 times.		Use easy speech to tell 2 ways each pair is different: Sled – Ice Skates Winter – Summer		When do you see or use these? Pause for air. • Star • Cookie		Would your rather wear jingle bells on your shoes for a year, or travel everywhere by sled for a year?		Have a conversation with a friend about your favorite winter sport. Be sure to look at your friend.											
RELATED WORD BANK	/K G/		/F V/		/SH CH J/		/L/		/I-BLENDS/		/S/		/S-BLENDS/		/T T-BLENDS/		VOCALIC /T/		/TH/	
	Corn Cookie Kwanzaa Hanukkah Sock Garland Gift Jingle Nog	Family Rooftop Elf Rudolph Vixen Harvest Seven Carve Eve	Shine Dasher Wish Chimney Exchange Grinch Gingerbread Angel Scrooge	Lights Lists Holidays Holly Jolly Temple Oil Noel Bell	Platter Clatter Plum Blessing Glitter Gleam Sleigh Glow Claus	Sundown Santa December Tinsel Icicles Christmas Peace Goose Dance	Snow Snowman Sled Stocking Star Skates Fasting Feasting Festival	Wreath Ribbon Reindeer Crops Dreidel Fruitcake Presents Nutcracker Evergreen	Purpose Menorah Winter Carols Fir Miracle Decorate Card Party	Thankful Together Gathering Father North Pole Faith Birth Ninth Earth										