

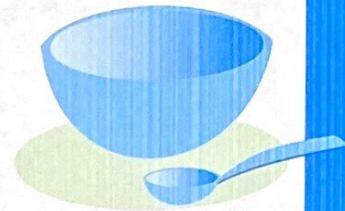
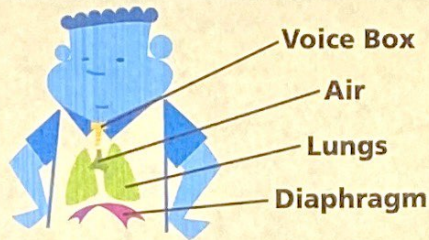
Recipe for Successful Speech

Use the explanations on pp. 7-10 to help students understand how they produce successful speech. You may reproduce these pages from this book or print them from the CD-ROM.

In order to make successful speech, you will need:

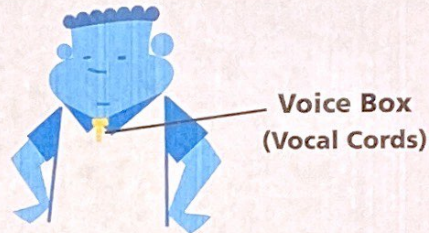
Respiration

The diaphragm pushes up on the lungs and moves air into the voice box.



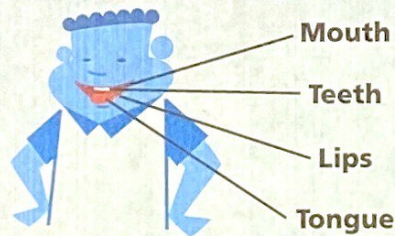
Phonation

Vocal cords inside the voice box vibrate (move) and make sound.



Articulation

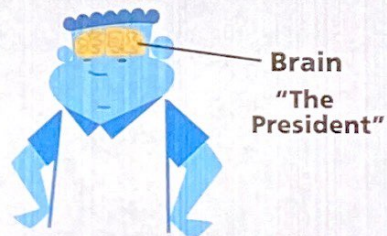
The lips, tongue, and teeth make sounds into words.



And, of course, successful speech won't work without a brain!

Brain

The brain is the president of the entire operation of talking. The brain sends messages to all of the body parts that work together to make speech.



Sometimes our *Speech Machine* works exactly as it is supposed to and our talking is very easy and smooth.



Sometimes, our brain forgets to tell the workers or other body parts what to do and our talking doesn't come out the way we want it to.



When our talking becomes bumpy, sticky, stuck, or stuttered, it can be tricky to get out what we want to say. It's okay to have different feelings about that.



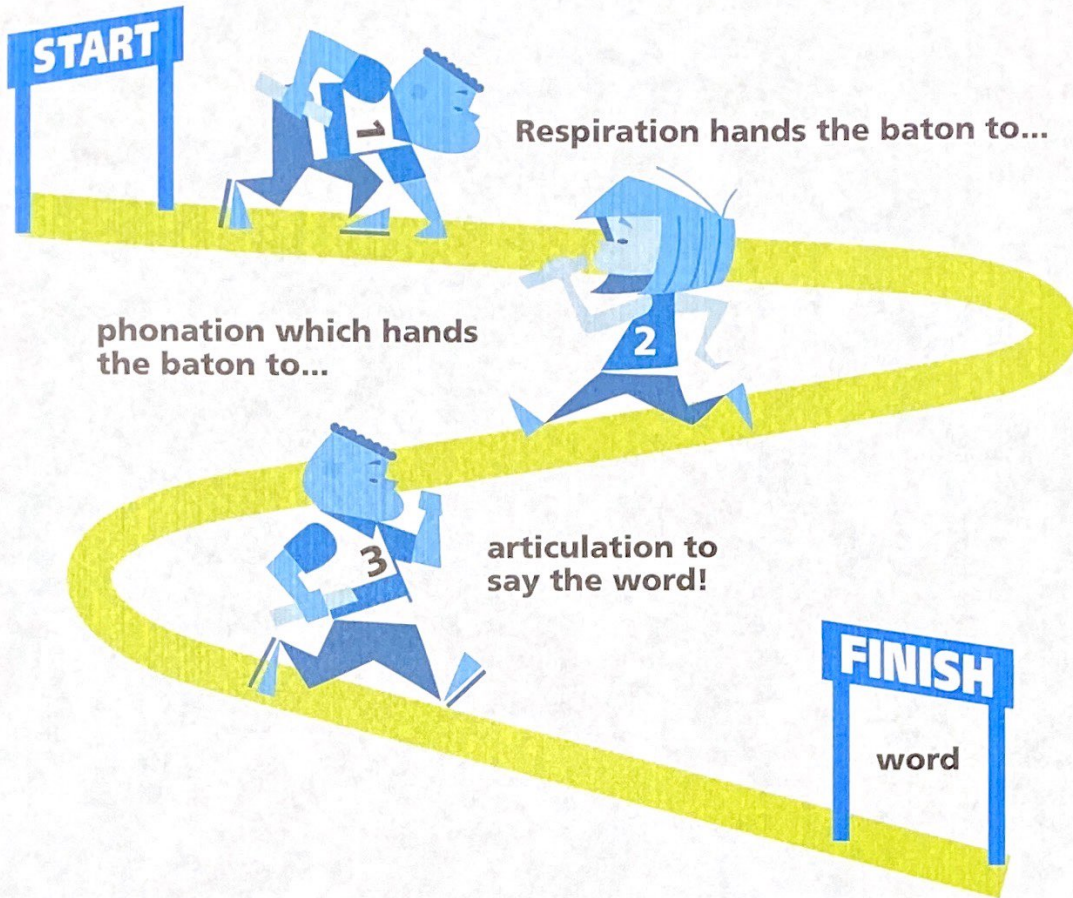
There are some things about talking that you should know are TRUE.



- It's no one's fault that talking doesn't always work the way you want it to.
- There are lots of ways to use your *Speech Machine*.
- There are lots of ways to learn to smooth out speech.
- It's okay if your speech isn't perfect. Nobody's speech is!
- It's good to work on becoming the best communicator you can be!
- Having trouble talking doesn't make you a bad kid. It's okay!

Do you know what happens when your speech gets bumpy? If not, that's okay, because most students have no idea! If you want to know, you first need to learn more about successful speech. You need respiration, phonation, and articulation. You also need five important things to happen in a special way!

1st First, imagine talking to be like a relay race! *Runner #1* is respiration, *Runner #2* is phonation, and *Runner #3* is articulation. All of these runners must have perfect timing. If they drop the baton or trip, they may not make it to the finish line like they want to!



2nd Second, the runners must run forward!

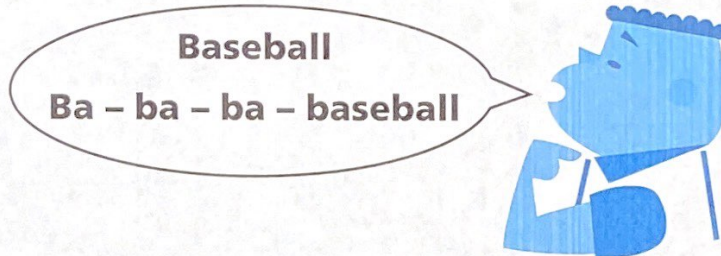
→ → → → → → →
I like to play soccer with you.

Not, backwards!

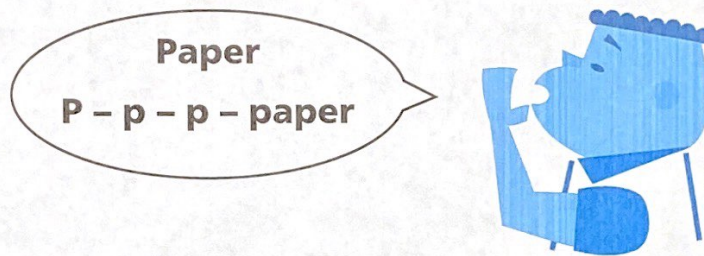
→ ← ← ← ← → ← ← ← → → →
I I I I li li li li ke it, too.

Otherwise, it takes too long to get to the finish line!

3rd Third, the sound must stay on! First, say the word “baseball” without stopping. Then, say it by stopping and starting the first sound. Can you feel the tickle that starts and stops in your voice box? You can keep your sound on for up to six words (or longer!).



4th Fourth, the air must keep going! Say “paper” without stopping. Can you feel the air moving? Now, say “paper” and stop on the /p/. Can you feel the air stop and start? Air usually stops when you are too tight somewhere in your *Speech Machine*!



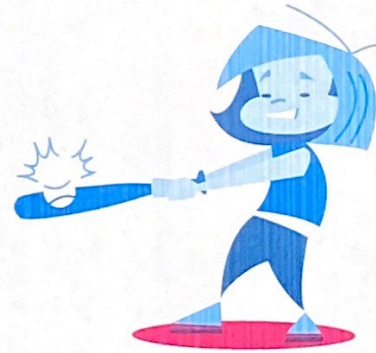
5th Fifth, the tension must be just right! It’s like hitting a baseball with a bat. If you’re too relaxed, you can’t hold the bat. If you’re too tense, you can’t move the bat. If you’re just right, you can hold the bat, swing the bat, and (*pow!*) hit the ball!



Not too loose!



Not too tight!



Just right!