



Speech Sound Warm-Up Activity

What is This?

Sometimes you need a good activity to help children get in the mood for speech therapy. Non-Speech Oral Motor Exercises (NSOMES) have been found to be ineffective for improving speech sound production, so this warm-up is a better approach. It allows you to practice sound stimulability with children as a warm-up to speech therapy. Sound stimulability work HAS been linked to improved speech sound production in children.

How Do You Use It?

Start with the box in the top left corner and have the child repeat that sound in isolation (by itself like “nnn” instead of “nuh”). Once the child says that sound, move to the next sound to the right and have him repeat that sound after you. Continue through the first row and if the child is able to say all of those, move on to the second row and have the child say those harder sounds and sound blends in isolation.

Once the child has some success with that, you can write a vowel in the middle box (the symbols for the American vowels in IPA have been provided as a reminder). Then, have the child pair each sound that he can say in isolation with the vowel in the middle (like no, mo, po, ho). You can also put an entire word-ending in the box and have the child work on rhyming words, like “nat, mat, pat, hat”.

How to Prepare the Warm-Up:

I recommend printing the warm-up (found on the following page) on card stock or a sturdy paper and then laminate it. You can cut the card down to a half-paper size so that you’re just laminating the card and not the whole page. Then, you can use a dry-erase marker to write the vowel in the middle of the card. Alternatively, you can slide it inside a plastic sheet protector (like the kind you use in binders) and use a dry erase marker on that.

More Information:

To watch a video about how to use this warm-up (and info on why you shouldn’t use NSOMES), visit this link:

<https://www.speechandlanguagekids.com/warm-up/>

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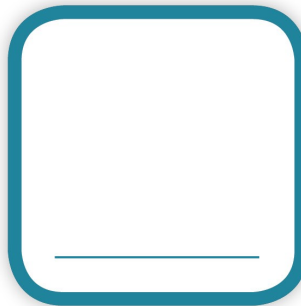
SPEECH WARM UP

Use this speech warm up at the beginning of your speech therapy sessions to get your students ready for speech!

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Evidence supports positive outcomes for speech stimulability exercises like this one.

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Start at the top left corner and instruct the child to speak each sound. If the student is working on more advanced sounds, try the sounds along the bottom.

Then, write a vowel sound or word in the box in the middle (like **oh** or **oat**) and have the child create a rhyme by pairing each sound with the word in the box (**no**, **mo**, **po**, or **noat**, **moat**, **poat**.)

th zh tw kw bl pl fl gl kl sk sl sm sn sp st sw br kr dr fr gr pr tr

To download additional copies of this speech warm up or to see it in action, go to

www.speechandlanguagekids.com/warm-up

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