



Fluency Shaping Worksheets for Stuttering



Introduction:

Fluency-shaping strategies are techniques that you can use to practice speaking without stuttering. You won't use these all of the time when you talk, but instead you'll just practice them during exercises like this so you can understand what it feels like to speak smoothly and fluently. Then, if you want, you can use some of these strategies throughout the day when you're feeling particularly dysfluent or stuck.

Instructions:

Practice saying the words and sentences on the following pages while using the fluency-shaping technique that is described at the top.



Fluency-Shaping Technique 1:

Using Slow Speech

Introduction: Slowing down when you speak can be very helpful to speaking more fluently and without stuttering. You don't have to talk super slowly all of the time, but practicing a very slow rate during these exercises will help you understand what it feels like to speak with fewer stutters. Then, if you're feeling particularly stuck some day, you can try slowing down to see if it helps.

Instructions: Read the following words and sentences using a very slow rate. Start with the shorter utterances and work your way down to the longer ones. Here are some tips to help you make sure you're speaking very slowly:

- Take time to say every sound in every word
- Stretch out vowel sounds so each word takes longer to say
- Add extra pauses between words/phrases, or take extra long on natural pauses (like wherever there is a comma)

Single Words

Echo	Crocodile	Watermelon
Lady	Butterfly	Alligator
Someone	Grasshopper	Dandelion
Buckle	Elephant	Helicopter
Stopwatch	Telephone	Motorcycle

Sentences

- When will we be going to see the doctor?
- Can I please drive the golf cart when we go golfing?
- I would like to eat a burger, French fries, and a cookie for lunch.
- I would rather play outside in the summer than sit inside and do homework.
- My favorite thing to cook is pizza because I love putting the toppings all over the crust.

Paragraph

There once was a little boy named James. James loved to play outside in the creek near his house. One day, James was playing in the creek when he heard a hissing noise behind him. He knew that sound from boy scout camp, it was a snake! James immediately stopped where he was and stayed still. When he saw that the snake was not moving, but was just watching him instead, James very slowly took a small step away from the snake. James slowly and quietly moved away to safety.

Fluency-Shaping Technique 2:

Using Continuous Phonation / Leave your Voice On

Introduction: Sometimes when we speak, we might chop up our words and add extra pauses. This choppiness can make it harder to talk without stuttering. We can work on this by practicing speaking without turning our voice on and off as much. You don't have to do this all of the time, but practicing leaving your voice on can help smooth out your speech when you need it.

Instructions: Read the following words and sentences while leaving your voice on as much as possible. Here are some tips for helping you figure out how to leave your voice turned on.

- Place the palm of your hand on your throat. Hum and you will feel the vibrations with your hand. While you're speaking, try to keep those vibrations going as much as possible.
- Don't put pauses between words. Make sure you say every sound but say one word right after another so that there is no pause. You can pause whenever you need a breath, though!
- Think about making what you say sound smooth and relaxed.

Single Words

Echo	Crocodile	Watermelon
Lady	Butterfly	Alligator
Someone	Grasshopper	Dandelion
Buckle	Elephant	Helicopter
Stopwatch	Telephone	Motorcycle

Sentences

- When will we be going to see the doctor?
- Can I please drive the golf cart when we go golfing?
- I would like to eat a burger, French fries, and a cookie for lunch.
- I would rather play outside in the summer than sit inside and do homework.
- My favorite thing to cook is pizza because I love putting the toppings all over the crust.

Paragraph

There once was a little boy named James. James loved to play outside in the creek near his house. One day, James was playing in the creek when he heard a hissing noise behind him. He knew that sound from boy scout camp, it was a snake! James immediately stopped where he was and stayed still. When he saw that the snake was not moving, but was just watching him instead, James very slowly took a small step away from the snake. James slowly and quietly moved away to safety.

Fluency-Shaping Technique 3:

Prolongation of Syllables / Stretching Out Words

Introduction: Another way we can practice smooth, fluent speech (without stuttering) is to practice stretching out each syllable of a word during exercises like this. You don't have to do this all of the time, but when you get stuck on a word, you may be able to get through it more easily if you think about stretching out each syllable.

Instructions: Read the following words and sentences while thinking about stretching out each syllable in each word. For example, in the word butterfly, you might say "buuuuuterrrrrrflyyyyy". You will most likely be holding out a vowel sound in each syllable.

Before you read each word, think about how many syllables are in the word and then stretch it out that many times. As you read the single words, make each syllable last a very long time. However, as you move on to the sentences and syllables, you can shorten the amount of time that you hold each syllable so that it doesn't take quite as long.

Single Words

Echo	Crocodile	Watermelon
Lady	Butterfly	Alligator
Someone	Grasshopper	Dandelion
Buckle	Elephant	Helicopter
Stopwatch	Telephone	Motorcycle

Sentences

- When will we be going to see the doctor?
- Can I please drive the golf cart when we go golfing?
- I would like to eat a burger, French fries, and a cookie for lunch.
- I would rather play outside in the summer than sit inside and do homework.
- My favorite thing to cook is pizza because I love putting the toppings all over the crust.

Paragraph

There once was a little boy named James. James loved to play outside in the creek near his house. One day, James was playing in the creek when he heard a hissing noise behind him. He knew that sound from boy scout camp, it was a snake! James immediately stopped where he was and stayed still. When he saw that the snake was not moving, but was just watching him instead, James very slowly took a small step away from the snake. James slowly and quietly moved away to safety.

Fluency-Shaping Technique 4:

Easy Onset

Introduction: With this technique, we practice easing into words instead of forcing them out. This will relax our mouths and make it less likely that we will tense up and get stuck on a word. You don't have to do this all of the time when you talk, but it can be very helpful to think about doing this if you're about to say a word that you know you often stutter on.

Instructions: Read the following words and sentences but make sure that you ease into the first word of each sentence. Here are some tips on how to make sure you're easing into the first word:

- Take a deep breath and then start exhaling before you make any sound with your mouth or voice. Then, gently turn on your voice or say the first sound.
- Yawn first and then ease into the word as you exhale (or sigh) from your yawn.
- Add a soft /h/ sound to the beginning of the first word to ease into it.
- Start the first sound very softly and then gently make it louder and say the rest of the word.

Single Words

Echo	Crocodile	Watermelon
Lady	Butterfly	Alligator
Someone	Grasshopper	Dandelion
Buckle	Elephant	Helicopter
Stopwatch	Telephone	Motorcycle

Sentences

- When will we be going to see the doctor?
- Can I please drive the golf cart when we go golfing?
- I would like to eat a burger, French fries, and a cookie for lunch.
- I would rather play outside in the summer than sit inside and do homework.
- My favorite thing to cook is pizza because I love putting the toppings all over the crust.

Paragraph

There once was a little boy named James. James loved to play outside in the creek near his house. One day, James was playing in the creek when he heard a hissing noise behind him. He knew that sound from boy scout camp, it was a snake! James immediately stopped where he was and stayed still. When he saw that the snake was not moving, but was just watching him instead, James very slowly took a small step away from the snake. James slowly and quietly moved away to safety.

Fluency-Shaping Technique 5:

Light Articulatory Touch

Introduction: When our mouth is very tight, it can cause us to stutter. We can keep our mouth relaxed by using light articulatory touches. This means, that instead of pushing our tongue and lips into place to say the sounds, we just tap them lightly instead. You don't have to do this all of the time when you talk, but it can help you if you're feeling particularly dysfluent.

Instructions: Read the following words and sentences but make sure that any time you use your tongue or lips, you only tap them lightly. There should be no tight or forceful movements of your mouth, lips, or tongue.

You can practice this by saying the /t/ sound and experimenting with how hard you push your tongue up to the roof of your mouth. Say a few hard ones where you push the tongue up very forcefully. Then, try lightly tapping the tongue on the roof of your mouth to say the /t/ sound. Feel how much lighter and more relaxed that is? That's how you want all of your tongue and lip movements to feel during this exercise.

Single Words

Echo	Crocodile	Watermelon
Lady	Butterfly	Alligator
Someone	Grasshopper	Dandelion
Buckle	Elephant	Helicopter
Stopwatch	Telephone	Motorcycle

Sentences

- When will we be going to see the doctor?
- Can I please drive the golf cart when we go golfing?
- I would like to eat a burger, French fries, and a cookie for lunch.
- I would rather play outside in the summer than sit inside and do homework.
- My favorite thing to cook is pizza because I love putting the toppings all over the crust.

Paragraph

There once was a little boy named James. James loved to play outside in the creek near his house. One day, James was playing in the creek when he heard a hissing noise behind him. He knew that sound from boy scout camp, it was a snake! James immediately stopped where he was and stayed still. When he saw that the snake was not moving, but was just watching him instead, James very slowly took a small step away from the snake. James slowly and quietly moved away to safety.