



Bumpy Vs. Smooth Worksheet

Introduction:

When children are first learning about controlling their stuttering, they may need to practice hearing the difference between stuttered speech and smooth speech. We can help them understand this by comparing it to a bumpy surface vs. a smooth surface.

This worksheet will help the child practice listening for bumpy and smooth speech and knowing the difference between the two.

Instructions:

1. Print out this worksheet and put it in a plastic sheet protector. Then, have the child complete the activity with a dry erase marker so he can use it again later.
2. Say a word to the child but stutter when you say it. Try to make the stutter sound like the type of stutters that the child says. Tell the child "that was bumpy", let's color in a star on the bumpy side.
3. Then, say another word but say it without stuttering. Tell the child "I said that word smoothly, let's color a star under the "smooth" side.
4. Now, say more single words to the child and say some of them with a stutter and some of them without. See if the child can tell you which ones are bumpy and which are smooth. Have the child color in the stars for each one he hears.
5. Once he gets good at this, you can move on to speaking sentences with or without stutters. You can also try having the child say some words with bumps and some words smoothly. Practicing stuttering is actually a great way for a child to learn to control it.

Bumpy Vs. Smooth

Help your child understand the difference between bumpy and smooth speech. Start by making your own speech bumpy on a single word or short sentence. Try to make your stuttering sound like the kind of stuttering your child does. Then, ask your child “did that sound bumpy or smooth?”. Help your child identify that it was bumpy and then color in one of the stars under “bumpy”. Make sure you let your child know that it’s no big deal to be bumpy and that we’re all bumpy sometimes. Practice having him/her identify when you say something bumpy or smooth. Once your child is able to do this, you can work on identifying it in his/her own speech during simple activities like playing go fish or using sentences to describe pictures in a book.



Bumpy



Smooth



Extra Practice: Throughout the day, make your own speech bumpy by pretending to stutter. Act like it’s no big deal and move on with what you were going to say. This will help your child see that stuttering is nothing to be afraid of.

<https://www.speechandlanguagekids.com/stuttering-cluttering-resource-page/>