

## Why I Come to Speech for Articulation: Finding Your Motivation Workbook

### Introduction:

Many children who have speech sound problems may not be fully aware that they are having problems or why they should try to fix them. If a child doesn't understand why he should fix it, it will be much harder to make progress in speech therapy. This workbook will help children find their own motivation and reasons for working on their speech sounds by helping them understand why it's important to speak clearly.

### Instructions:

Go through the questions in this workbook with the child. Ask the child the questions and then listen quietly to his answers. Older children can write their responses out by themselves or you can write it out for them as they talk.

While you're going through the questions with the child, make sure you acknowledge each thing that he says and do not judge him for his thoughts or beliefs. Don't say "Oh that's wrong" or "that's a stupid thing to think" because those are his beliefs and he needs to know that you accept what he thinks. Just write down everything he says, don't make any judgments or try to fix any false beliefs at this time.

Try to make comments that express that you understand why he might think that, such as "I can see how you would feel that way" or "that must be really hard". If you feel that the child is not realizing that he has a problem in some area, you can help guide his discovery by asking leading questions. For example, if the child says that his unclear speech sounds don't affect his relationships with other kids, you could ask questions like "if you heard a child who couldn't say /r/, do you think that you might think he was younger or acting like a baby because he sounded so young?" or "What would you think if you couldn't understand someone who was talking to you? Do you think you would want to keep talking to that person?"

After you finish the workbook, look back through it by yourself and see if there are any false beliefs or any areas where he lacks awareness that may prevent him from making progress on improving his speech. Once you know what the child's beliefs and attitudes toward speech are, you can design activities to help the child develop awareness in that area by playing him recordings of his own speech or putting him in situations where he can't understand someone else's speech. You can even have him talk to other people about what they think about his speech.

## All About Me Speech Workbook, Page 1

### My Strengths:

In this section, talk about the things you are good at. What are things that come easily to you and things that you feel confident doing? This can be related to anything, not just talking.

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### My Interests:

Now, talk about things that you like to do. What do you enjoy? What do you do in your free time? What things make you happy when you are doing them? Again, these can be all types of things and don't need to relate to talking.

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### My Weaknesses:

In this part, talk about the things that you struggle with. What is something that is hard for you to do? What do you struggle with at school or at home? What do you wish you were better at?

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**All About Me Speech Workbook, Page 2**

**Why I Come to Speech Therapy:**

You're obviously here, but why do you come? Do you know why you are supposed to come?

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**What Happens When I Don't Say All of my Sounds Correctly:**

When you forget to say a sound correctly, what happens? How do other people react? Do you have any trouble participating in certain activities when your speech is unclear?

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**How my Speech Problems Hold me Back:**

What kinds of things or activities are harder for you to do because of your speech problems? How does having unclear speech impact your interactions with others?

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**All About Me Speech Workbook, Page 3**

**My Goals for my Speech:**

What would you like to improve about your speech? What sounds would you like to say better? What would you like to be able to do with your speech that you're not able to do now?

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**When it is Easy for me to Remember to Use Good Speech:**

When do you find it easier to use clear speech with good speech sounds? What kinds of tricks or techniques help you remember to say your sounds correctly?

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**When it is Hard for me to Remember to Use Good Speech:**

What kinds of activities or situations do you tend to forget to use your good speech sounds? When is it harder to remember to use good speech?

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**All About Me Speech Workbook, Page 4**

**Strategies that Help me Remember to Use Good Speech Sounds:**

What kinds of tips or tricks help you remember to use clear speech with good speech sounds?  
What can you do or what can the adults around you do to help you remember?

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**Why I Should Work on Saying my Sounds Clearly:**

Why do you think it is important for you to practice using good speech sounds and speaking clearly?  
Why do you want to improve your speech?

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**I Can Statements:**

Write a few statements that start with "I can" to describe things that you can do. Start with what you can do well (these don't have to be related to your speech). Then, rephrase what you're going to do to work on your speech and why you're going to do it. Use positive language. (example: I can practice saying my speech sounds at home so people will understand me better.)

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