



Chromosome 18 has collected these speech therapy exercises for our member's benefit. These exercises are not created by or endorsed by Chromosome 18, and were collected from organizations that offer speech therapy resources. These are suggestions of general exercises that you can do with your child at home and not an individual plan of care.

Speech Therapy Exercises

¹Tips for at home therapy instruction

(2-4 years)

- Speak clearly to your child. Model good speech.
- Repeat what your child says to show that you understand. Add on to what she says. Use words like, "Want juice? I have juice. I have apple juice. Do you want apple juice?"
- It's okay to use baby talk sometimes. Be sure to use the adult word too. For example, "It is time for din-din. We will have dinner now."
- Cut out pictures of favorite or familiar things. Put them into categories, like things to ride on, things to eat, and things to play with. Make silly pictures by mixing and matching pictures. Glue a picture of a dog behind the wheel of a car. Talk about what is wrong with the picture and ways to "fix" it.
- Help your child understand and ask questions. Play the yes–no game. Ask questions such as, "Are you Marty?" and "Can a pig fly?" Have your child make up questions and try to fool you.
- Ask questions that include a choice. "Do you want an apple or an orange?" "Do you want to wear your red shirt or your blue shirt?"
- Help your child learn new words. Name body parts, and talk about what you do with them. "This is my nose. I can smell flowers, brownies, and soap."
- Sing simple songs, and say nursery rhymes. This helps your child learn the rhythm of speech.
- Place familiar objects in a box. Have your child take one out and tell you its name and how to use it. "This is my ball. I bounce it. I play with it."

¹ [ASHA – Activities to Encourage Speech and Language Development](#)

- Show pictures of familiar people and places. Talk about who they are and what happened. Try making up new stories.

(4-7 years)

- Keep helping your child learn new words. Say a new word, and tell him what it means, or use it in a way that helps him understand. For example, you can use the word "vehicle" instead of "car." You can say, "I think I will drive the vehicle to the store. I am too tired to walk."
- Talk about where things are, using words like "first," "middle," and "last" or "right" and "left." Talk about opposites like "up" and "down" or "on" and "off."
- Have your child guess what you describe. Say, "We use it to sweep the floor," and have her find the broom. Say, "It is cold, sweet, and good for dessert. I like strawberry" so she can guess "ice cream."
- Work on groups of items, or categories. Find the thing that does not belong in a group. For example, "A shoe does not go with an apple and an orange because you can't eat it. It is not round. It is not a fruit."
- Help your child follow two- and three-step directions. Use words like, "Go to your room, and bring me your book."
- Ask your child to give directions. Follow his directions as he tells you how to build a tower of blocks.
- Play games with your child such as "house." Let her be the parent, and you pretend to be the child. Talk about the different rooms and furniture in the house.
- Watch movies together on TV or a tablet. Talk about what your child is watching. Have her guess what might happen next. Talk about the characters. Are they happy or sad? Ask her to tell you what happened in the story. Act out a scene together, or make up a different ending.
- Use everyday tasks to learn language. For example, talk about the foods on the menu and their color, texture, and taste when in the kitchen. Talk about where to put things. Ask her to put the napkin on the table, in your lap, or under the spoon. Talk about who the napkin belongs to. Say, "It is my napkin." "It is Daddy's." "It is Tamara's."
- Go grocery shopping together. Talk about what you will buy, how many things you need, and what you will make. Talk about sizes, shapes, and weight.

²Speech Therapy Games

Articulation Towers

² [Seven Fun DIY Speech Therapy Activities for Kids](#)
[Flint Rehab Speech Therapy Exercises](#)
[Speech Buddies](#)

You can find several variations of what are called “artic towers” or “power towers” online, but the basic idea is as follows: get a bunch of small cups and write a word or letter (or tape images of words for younger kids) on the cups. Each time your child says the word on the cup, he gets to use the cup to build a tower.

Mirror Exercises

Many kids with articulation problems don’t understand how to move their mouths to make sounds correctly. Speaking in front of a mirror can help a child to see how her mouth moves when she makes particular sounds. You can articulate each sound slowly and correctly to model proper positioning for your child and demonstrate the differences in the mirror.

Consonant & Vowel Pairing Repetition

Take a consonant that they have trouble saying, and then have them pair it with each of the 5 vowels (a, e, i, o, u). For example, if they have trouble with the “r” sound, then have them practice saying “ra, re, ri, ro, ru” over and over.

Phonological Phrasing

For this exercise, the child will guess how many syllables are in a word. Sit down with them and say different words. Each time you say a word, have them guess how many syllables are in that word.

You should always tell them whether they are right or wrong to provide feedback. The feedback is part of what makes this exercise therapeutic.

³Mouth Muscle Strength

Tongue Lip Lateralization

Gently rub a tongue depressor or other tool, side to side along the tip of the tongue in a tickling motion.

Puffy Cheeks

Fill your cheeks with air. Move the air from one cheek to the other without opening your mouth.

Wagon Wheel Stretch

³ [Physiotech](#)

Imagine a wagon wheel lying on top of your child's mouth. At each of the "spokes" of the wheel, gently pinch the lip between your fingers and pull towards the center of the mouth (lip closure). Repeat all the way around the wagon wheel.

Pushing Food Across a String

String 3-7 pieces of cereal or candy on a piece of dental floss or string. Hold the string taught in front of your child's mouth. Using only the tongue and not moving the head, have the child move the food across the string one piece at a time. Repeat in the other direction. If your child has a hard time holding their head still, have them press the back of their head against a wall or chair back during the exercise.

Rolled Fruit Candy Exercises

Unroll a fruit by the foot or other long candy/food. Place one end in your child's mouth and have them use their lips, teeth, and tongue to bring the food into their mouth. Chew and swallow the food.

Tongue Depression Strength

Place a tongue depressor underneath the child's tongue. Have the child push down on the depressor with their tongue as you push the depressor up.

More Resources:

[Articulation Games](#)

This website provides a variety of games to practice r's, s's, l's, sh's and ch's.

[ASHA – Activities to Encourage Speech and Language Development](#)

[Flint Rehab Speech Therapy Exercises](#)

[Seven Fun DIY Speech Therapy Activities for Kids](#)

[Speech Buddies](#)

[Tongue Twisters](#)

[Physiotech](#)