

Stuttering Treatment Activity Guide

This guide contains a list of resources and activities that you may wish to use while doing treatment with a child who stutters. It is important to use a variety of different activities in treatment to ensure that the experience is a positive and engaging one. Keep in mind that this activity list is not exhaustive, and you are encouraged to find other ideas to suit the child's specific requirements and interests. It should also be used in conjunction with the training you receive from a qualified speech pathologist.

Imitation and short sentences

Picture books

Choose books with busy pictures so that the child can imitate what you say or describe the pictures. Here are some suggestions:

- *Where's Wally* series by Martin Handford
- *Eye Spy* series by Jean Marzollo and Walter Wick
- *Spot* series by Eric Hill
- *Bamboozled* by David Legge
- *Wacky Wednesday* by Dr Seuss
- *First Thousand Words in English* by Heather Amery
- *1000 Things That Go* by Sam Taplin
- *Look Inside Seas and Oceans* by Megan Cullis
- *Look Inside Building Sites* by Rob Lloyd Jones
- *Usborne First Experiences* series Anna Cavardi
- *Usborne Very First Words: Bedtime* by Felicity Brooks
- *Peep Inside* series by Anna Milbourne
- *Magic Beach* by Alison Lester
- Other online books are available on these websites: www.vooks.com or www.getepic.com

Picture memory games

One type of memory game involves placing pairs of picture cards face down on a table and having the child turn each card over to reveal the picture. Have the child talk about the pictures or imitate what you say as they are turned over. Match all the pairs to finish the game.

Another type of memory game, familiarly known as "snap," involves using pairs of picture cards and placing them face up, one at a time in a pile. Have the child talk about the pictures or imitate what you say as they are turned over. When an identical card is placed on top of another, both players race to put their hand on top of the deck.

Picture cards can be downloaded without cost or at low cost.* Alternatively, examples of memory games available for purchase are

- *The Memory Game* by Small World Learning
- *My First Memory* by Ravensburger
- *I Spy Snap! or I Spy Go Fish* by Briarpatch

- *Crocodile Snap* by Orchard Toys
- *Life on Earth Memory and Matching Game* by Eeboo

Picture matching games

Each player selects a picture and matches it to their respective picture board. The first person to fill up their board wins. Have the child talk about the pictures or imitate what you say as each picture is turned over. Picture cards and boards can be downloaded without cost or at low cost.* Alternatively, examples of matching games available for purchase are

- *Shopping List* or *Old Macdonald Lotto* by Orchard Toys
- *Zingo* by Think Fun
- *Picture Word Bingo* by The Learning Journey
- *I Spy Bingo* or *I Spy Match!* by Briarpatch

Guessing games

One type of guessing game involves placing a selection of items in a bag and having the child select one without peeking inside the bag and describing what the item feels like. When the child is able to guess that item, they can pull it out and move on to the next item. An example description could be as follows: "It's round and hard, could it be a ball?"

Another type of guessing game involves placing a number of household items onto a tray. Tell the child to have a close look at the items and name or talk about them together. Cover the items with a tea towel. Ask the child to close their eyes and take one item away from under the towel. Then ask them to open their eyes, remove the towel, and tell you what's missing.

One more guessing game involves using your finger to draw a picture on the child's back. Have the child guess the picture. Switch positions and take turns being the "drawer" and the "guesser." A variation would be to play this game using a pen and paper.

Other guessing games that are available for purchase are

- *Headbanz* by Spin Master
- *Guess Who* by Hasbro
- *Charade Games for Kids* by Paul Lammond
- *Junior Pictionary* by Mattel Games

Trivia

Ask the child to answer questions relating to a specific topic. You can download trivia questions for free or at low cost.* Alternatively, games that are available for purchase include the following titles:

- *BrainBox for Kids* by the Green Board Game Co.
- *5 Second Rule* by University Games

Spot the difference

Have the child look at two similar pictures side by side and name the differences. You can download worksheets for no cost or at low cost.* Alternatively, you can purchase activity books from your local bookstore. Some popular titles are

- *Spot the Differences* series by Genie Espinosa
- *My First Spot the Difference* by Joe Potter
- *Usborne Minis: Spot the Difference* by Same Smith

Device apps (for short sentences)

Various apps can be used to prompt short, simple sentences. Some suggestions are

- *“WH” Questions* by Super Duper
- *Let’s Name. . . Things Fun Deck* by Super Duper
- *Spot the Difference* by Vina Kids
- Toddler Learning Games and Preschool Flash Cards by Bimi Boo
- *Heads Up! Kids* by Warner Bros
- *Hidden Pictures Puzzle Play* by Highlights for Children Inc.

Long sentences

I spy

Take turns at describing something you see while the other person tries to guess what it is. For example, “I spy something that is soft and good for sleeping on.” You can also download picture scenes at no cost or low cost*. Alternatively, you could use books such as the following in the same way:

- The *I Spy* book series by Jean Marzollo and Walter Wick

Treasure hunt

Take turns at hiding an object, and talk about the process of finding it. An example of dialogue could be as follows: “I’m looking under the table now.” “It’s not in the basket.” “Can you give me a clue?”

Make a scene

Use magnets, felt, or magazine clippings to make a picture scene. Use the pictures to generate a discussion about what you see and what you’re doing. For example, “Where does the police car go?” and “What should I put in my restaurant?” Similar activities available for purchase include

- *Felt Creations* storyboard series by Infinite
- *Usborne Magnet Books* series by Felicity Brooks

Silly sentences

Fill a bag with action figures or pictures of common objects. Have the child pull out a few items and make up a silly story together. For example, “The Barbie doll slipped on some dice while feeding her rainbow unicorn.” Similar activities available for purchase include:

- *Tell A Story* by Ravensburger
- *Story Cubes* by Zygomatic

Device apps (for long sentences)

Various apps can be used to prompt longer, more complex sentences. Some suggestions are

- *How? Fun Deck* by Super Duper
- *All About You, All About Me Fun Deck* by Super Duper
- *Webber Photo Cards - 60 Story Starters* by Super Duper
- *Make a Scene* by Innivo
- *Play School Art Maker* (iPad only)

Conversation

Play sets

Follow the child's lead during open play where you can generate discussions about what you're doing. Some activities that would promote conversation are playing with

- Lego Duplo
- Play-Doh
- Farm, food, doll or train play sets

Family photo albums

Use photos to generate discussion about your favourite memories. You could even create photo books together.

Nature walks

Take turns at describing what you see or what you are doing. Alternatively, you can create or download a scavenger hunt list of things to find together on your walk.* Otherwise, just simply have a conversation. An example of an activity game that is available for purchase is

- *gofindit Outdoor Scavenger Card Game* by gofindit

General conversations

Turn general conversations into an opportunity to do treatment together. For example when unpacking the shopping, cooking a meal, driving in the car, throwing a ball, having a bath, or eating a meal. Conversation starters or table topics are available for download at no cost or low cost*. An example of an activity game that is available for purchase is

- *Little Talk Deck* by BestSelf

Sometimes children are more likely to talk if their hands are busy. So, having a simple activity to do together during conversation may be helpful. This could include colouring in, craft, or science experiments. Activity ideas can be found on the following YouTube channels:

- TheDadLab
- Red Ted Art

Device apps (for conversations)

Apps that may help to encourage conversation include

- *Family Chat - Conversation Topics for Families* by Tag Along K
- My Town story making series by My Town Games Ltd

Token rewards

It can be helpful during treatment to incorporate games that involve earning small tokens as a reward. Some commercial games include objects that can be used as rewards and are ideal to use in conjunction with picture books as an extra incentive to practice. Stickers are also good to use as rewards. Rewards can either be collected and used at the end of practice or used during practice

in between discussions. Some suggestions of games/toys are

- Tumbling Chimps. The aim of the game is to hang up as many chimps as you can without the tree falling down. Give the child a chimp to hang from the tree when you praise them during treatment.
- Pop Up Pirate. The aim of the game is to pop the pirate out of the barrel by inserting swords. Give the child a sword to put into the barrel when you praise them during treatment.
- Mr Potato Head. Give the child a piece of Mr Potato Head when you praise them during treatment. The child can build the character with the pieces you provide.
- Fishing games. The aim of the game is to catch all the fish using a magnetic or hook rod. Give the child a turn at catching a fish when you praise them during treatment.
- Stickers. Give the child a sticker to put on a page when you praise them during treatment. The aim of the game is to collect a predetermined amount of stickers before you finish the book or activity.

* No cost or low cost material can be downloaded from www.teacherspayteachers.com and www.twinkl.com. Some suggested search terms are

- Matching cards
- Conversation starters
- “WH” questions
- Spot the difference
- I spy game
- Picture scenes
- Story telling scenes

Free children’s games, puzzles, and craft activities are available from the following websites: www.highlightskids.com, www.cookie.com, www.disneynow.com, www.abc.net.au/abckids, <https://asterius.federation.edu.au/fluencyfunland>.