

Clear Speech Strategies

1. Breathing

Sit in a comfortable position **with good posture**.



Put **one hand on your stomach**

Put the **other one on your chest**

See **which one rises** when you **breathe in...**



Breathing Exercises:

1. Take a **breath** in through **the nose**, filling your **stomach with air**
2. **Hold your breath** for a **second**
3. **Breathe out slowly** through the **mouth**
4. **Wait a few seconds** before taking another breath

'Ahh'

- Make 'ahh' sound loudly and for as long as you can
- Repeat



Counting:

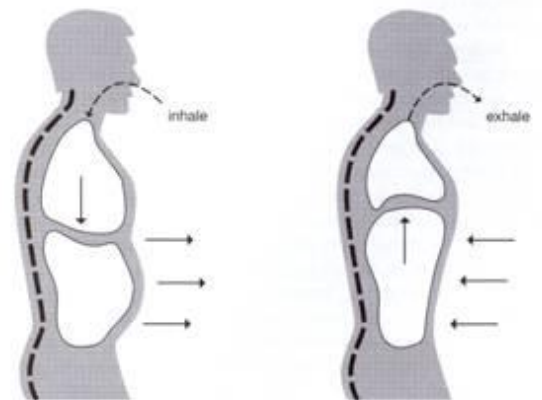
- Count to 10 slowly
- Use 'top-up' breaths



Your shoulders should be relaxed and still.

The hand on your stomach should rise as it fills with air.

The hand on your chest should not move significantly.



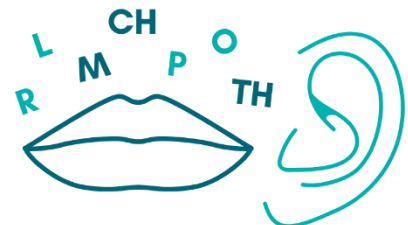
2. Volume

- **Loud single words (without shouting)**, e.g., “Hello”
- **Loud phrases (without shouting)** e.g., “Do you want a cup of tea?”, “how are you today?”
- **Then start to build use of this technique and louder, clear voice** into daily conversation



3. Over-articulation

- **think about really over-exaggerating the movements** that you make with your **speech muscles** (e.g., **lips, tongue, jaw**, etc.).
- **imagine** people are trying to **lip-read**



4. Speed of speaking

- Make sure that you **do not speak too quickly**
- This **will make** using these strategies **more difficult**.

