

Independent Practice

Some activities to help reach your communication goals:



(1) Speaking

- Read out loud everyday
 - Repeat passages until easy

- Scripts
 - Write down phrases you use everyday
 - Repeat them until easy

- Loudness Meter
 - Use Noise Meter Pro app
 - Gives feedback on voice loudness

- Naming Practice
 - Name objects or people in:
 - house
 - magazine
 - photos
 - Create a set and repeat
 - Describe each thing named

(2)Reading

- Audiobooks
 - Read while listening
 - Or
 - Read passages independently
 - Listen to check understanding
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- Audiobooks found at:
 - Audible: reading app
 - Bard: Website, free audiobooks
 - LibriVox: Website, free audiobooks

- eBooks
 - Make text bigger
 - Increase white space

(3) Writing

- Speech to text function
 - Speak words into phone or tablet
 - Copy the word
 - Use to check spelling
- Texting or Email
 - Write one a day
 - Use spell check and word prediction
 - Use text to speech function if stuck
- Scrabble Tiles
 - Copy letters
 - Try to make words with tiles
 - Check spelling on phone

- Copy and recall
 - Copy any written text
 - Birthday cards
 - Greeting cards
 - Books
 - Emails
 - Texts
 - Try to write message without looking at text

(5) Listening Comprehension

- Podcasts
 - Try to recall important details
 - Put important events in order
 - Multitask for a challenge

- Listen without watching the TV
 - Write down sport game scores
 - Keep track of soap opera plots
 - Check understanding by looking at TV

(5) Conversational Tools

- Prepare for conversations ahead of time
 - Take pictures of people or activities to use
 - Create photo albums
 - Make scripts on topics that could come up
 - Bring pen and paper

Remember: You are in charge of your recovery. Set personal goals and challenge yourself!

Picture Reference:

Shutterstock, Retrieved at:

<https://assets.entrepreneur.com/content/3x2/2000/20150724190206-success-focus-life-achievements.jpeg?width=700&crop=2:1>