

PRACTICE GUIDE for "SH" SOUND



Welcome

Thank you for using Speech Buddies practice guides! You will find them extremely helpful for all types of students: in the clinic, school, or at home. This lesson plan is designed to reflect a traditional "hierarchy" of practice that is rooted in decades of research and is the professional standard for lesson plans in speech therapy.

- There are 32 exercises overall
- Practice 4 times per week for 8 weeks.
- Try to maintain a consistent schedule for your student or child.

How are the Lessons Arranged?

The lessons start simple and gradually, and as the student you're working with gets more accurate in producing the challenge sound(s), become more complex and demanding. Each lesson targets one of the following: isolation and syllables, words, words in sentences, and conversation. At the beginning of your practice, your student will attempt to say the sound in isolation (e.g. "ssss") or in syllables, and will rely very heavily on the Speech Buddies Tools to produce the sound correctly. As he gets more accurate, exercises become more challenging by focusing on whole words. Once the student is judged to be roughly 80% accurate in conversation, that sound would be considered "treated."

How do I follow each Lesson?

For each item within a given lesson:

1. Follow the instructions about whether to use the Speech Buddies Tool for that item. As your student progresses through the lessons and gets more accurate in his productions, the Speech Buddies Tool can be used less and less, but this is reflected in how the lessons are structured.

2. Have your student repeat the sound or word after you.

3. Once your student has attempted to say the sound, simply record whether that item was, in your judgment, correct or incorrect.

4. Continue through each lesson until all 40 items have been completed, using the extra space at the bottom of the lesson page for notes.

No skipping ahead!

It is important that you do not skip any lessons. Even if your student seems to be breezing through lessons, this extra practice will undoubtedly help him with the final phase of therapy: mastering the sound(s) in conversation. On the other hand, if you feel your student needs extra time at a specific level, you may repeat a lesson or two at a given level (e.g. isolation and syllables, words) before progressing. However, it is recommended that you stick to the lesson sequence as much as possible.

Good luck and thank you for your interest in Speech Buddies! Sincerely,

Gordy Rogers, M.S. CCC-SLP Speech-Language Pathologist Chief Scientific Officer Articulate Technologies, Inc.

A Quick Introduction to Speech Buddy Tools

Shark Buddy is an excellent complement to this lesson plan, but is not a requirement.



They train the tongue to make the correct shape by providing targets that you can feel. Getting started is simple:

- Choose the right tools for your child
- practice for 10 minutes 3 times a week
- and see results.

Bendable tip

WITH A LITTLE GUIDANCE, KIDS 5 AND UP CAN EVEN USE THEM ON THEIR OWN!



In 30 days or less

PRACTICE

RESULT

The Shark Buddy teaches proper tongue placement to make the perfect SH sound. It helps with words like Show, sunshine, and wash. A child can learn to make the sound by training the tongue to hit the target. This fixes a "lisp" or "slushy" sound.

The perfect tool for your child

10 minutes, 3 times a week

TO LEARN MORE ABOUT SPEECH BUDDY TOOLS, VISIT speechbuddy.com

Looking for a Speech Therapist?

Try Speech Buddy Connect!

How It Works

Speech Buddies Connect helps you find the perfect Speech Language Pathologist for your child. Simply search for a therapist, send a message, and you will get a quick response from a speech expert in your local area. SEARCH FOR A THERAPIST

SEND A MESSAGE



GET CONNECTED



Listed therapists are certified Speech Language Pathologists. We review their credentials to ensure you will be connected with high quality professionals in your area.



Our mission is to help improve communication around the world. We are parents, Speech Therapists, Engineers and Artists devoted to helping kids find their voice.



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Date Completed:

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7	Shh	W		27	Shuh	W	
8	Shh	W		28	Shuh	W	
9	Shh	W		29	Shuh	W	
10	Shh	W		30	Shuh	W	
11	Shh	W		31	Ush	W	
12	Shh	W		32	Ush	W	
13	Shh	W		33	Ush	W	
14	Shh	W		34	Ush	W	
15	Shh	W		35	Ush	W	
16	Shh	W		36	Ush	W	
17	Shh	W		37	Ush	W	
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9	Shh	W		29	Shuh	W	
10	Shh	W		30	Shuh	W	
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12	Shh	W		32	Ush	W	
13	Shh	W		33	Ush	W	
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2	Shh	WO		22	Sheh	WO	
3	Shh	W		23	Shay	W	
4	Shh	WO		24	Suh	WO	
5	Shh	W		25	Shae	W	
6	Shh	WO		26	Sha	WO	
7	Shh	W		27	Show	W	
8	Shh	WO		28	Shoo	WO	
9	Shh	W		29	Shaw	W	
10	Shh	WO		30	Shoi	WO	
11	Shh	W		31	Eesh	W	
12	Shh	WO		32	Esh	WO	
13	Shh	W		33	Aysh	W	
14	Shh	WO		34	Ush	WO	
15	Shh	W		35	Ash	W	
16	Shh	WO		36	Ahsh	WO	
17	Shh	W		37	Ohsh	W	
18	Shh	WO		38	Oosh	WO	
19	Shh	W		39	Awsh	W	
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12	Shh	WO		32	Esh	WO	
13	Shh	W		33	Aysh	W	
14	Shh	WO		34	Ush	WO	
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2	Shed	W		22	Shock	WO	
3	Shin	W		23	Ship	W	
4	Shoot	W		24	Shuttle	WO	
5	Shack	W		25	Shift	W	
6	Shut	W		26	Shade	WO	
7	Shark	W		27	Shovel	W	
8	Shop	W		28	Show	WO	
9	Shh	W		29	Shadow	W	
10	Shh	W		30	Shampoo	WO	
11	Shirt	W		31	Chef	W	
12	Shape	W		32	Sheet	WO	
13	Sham	W		33	Sharp	W	
14	Shuffle	W		34	Shelf	WO	
15	Shore	W		35	Shield	W	
16	Shiny	W		36	Sugar	WO	
17	Shiver	W		37	Shout	W	
18	Shoe	W		38	Shorts	WO	
19	Sherbet	W		39	Shower	W	
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2	Shed	wo		22	Bushel	wo	
3	Shin	W		23	Dishes	W	
4	Shoot	wo		24	Washer	wo	
5	Shack	W		25	Tissue	W	
6	Shut	wo		26	Lotion	wo	
7	Shark	W		27	Cashew	W	
8	Shop	WO		28	Wishes	wo	
9	Shh	W		29	Mushy	W	
10	Shh	WO		30	Ashes	WO	
11	Shirt	W		31	Cushion	W	
12	Shape	WO		32	Flashing	WO	
13	Sham	W		33	Washes	W	
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2	Shock	WO		22	Brush	WO	
3	Ship	W		23	Fish	W	
4	Shuttle	WO		24	Trash	WO	
5	Shift	W		25	Dish	W	
6	Shade	WO		26	Wish	WO	
7	Shovel	W		27	Bush	W	
8	Show	WO		28	Cash	WO	
9	Shh	W		29	Blush	W	
10	Shh	WO		30	Squash	WO	
11	Chef	W		31	Rush	W	
12	Sheet	WO		32	Smash	WO	
13	Sharp	W		33	Crush	W	
14	Shelf	WO		34	English	WO	
15	Shield	W		35	Leash	W	
16	Ocean	WO		36	Hush	WO	
17	Bushel	W		37	Marsh	W	
18	Dishes	WO		38	Push	WO	
19	Washer	W		39	Radish	W	
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11	Chef	W		31	Rush	W	
12	Sheet	WO		32	Smash	WO	
13	Sharp	W		33	Crush	W	
14	Shelf	WO		34	English	WO	
15	Shield	W		35	Leash	W	
16	Ocean	WO		36	Hush	WO	
17	Bushel	W		37	Marsh	W	
18	Dishes	WO		38	Push	WO	
19	Washer	W		39	Radish	W	
20	Tissue	WO		40	Flash	WO	

ltem	Word	With (w) or Without (wo) SH Buddy	Correct (√) or Incorrect (X)	ltem	Word	With (w) or Without (wo) SH Buddy	Correct (√) or Incorrect (X)
1	Shave	W		21	Lotion	W	
2	Shock	WO		22	Brush	WO	
3	Ship	W		23	Fish	W	
4	Shuttle	WO		24	Trash	WO	
5	Shift	W		25	Dish	W	
6	Shade	WO		26	Wish	WO	
7	Shovel	W		27	Bush	W	
8	Show	WO		28	Cash	WO	
9	Shh	W		29	Blush	W	
10	Shh	WO		30	Squash	WO	
11	Chef	W		31	Rush	W	
12	Sheet	WO		32	Smash	WO	
13	Sharp	W		33	Crush	W	
14	Shelf	WO		34	English	WO	
15	Shield	W		35	Leash	W	
16	Ocean	WO		36	Hush	WO	
17	Bushel	W		37	Marsh	W	
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4	Shuttle	wo		24	Trash	WO	
5	Shift	W		25	Dish	W	
6	Shade	wo		26	Wish	WO	
7	Shovel	W		27	Bush	W	
8	Show	WO		28	Cash	WO	
9	Shh	W		29	Blush	W	
10	Shh	WO		30	Squash	WO	
11	Chef	W		31	Rush	W	
12	Sheet	WO		32	Smash	WO	
13	Sharp	W		33	Crush	W	
14	Shelf	WO		34	English	WO	
15	Shield	W		35	Leash	W	
16	Ocean	WO		36	Hush	WO	
17	Bushel	W		37	Marsh	W	
18	Dishes	WO		38	Push	WO	
19	Washer	W		39	Radish	W	
20	Tissue	WO		40	Flash	WO	

ltem	Word	With (w) or Without (wo) SH Buddy	Correct (√) or Incorrect (X)	Item	Word	With (w) or Without (wo) SH Buddy	Correct (√) or Incorrect (X)
1	Shirt	W		21	Clash	W	
2	Shape	WO		22	Brush	wo	
3	Sham	W		23	Fish	W	
4	Shuffle	WO		24	Trash	wo	
5	Shore	W		25	Dish	W	
6	Shiny	WO		26	Wish	WO	
7	Shiver	W		27	Bush	W	
8	Shoe	WO		28	Cash	WO	
9	Shh	W		29	Blush	W	
10	Shh	WO		30	Squash	WO	
11	Pushes	W		31	Rush	W	
12	Dashes	WO		32	Smash	wo	
13	Bishop	W		33	Crush	W	
14	Cashes	WO		34	English	WO	
15	Dasher	W		35	Leash	W	
16	Rushing	WO		36	Hush	WO	
17	Eyelash	W		37	Marsh	W	
18	Rash	WO		38	Push	WO	
19	Crash	W		39	Radish	W	
20	Slush	WO		40	Flash	WO	

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3	Sham	W		23	Fish	W	
4	Shuffle	WO		24	Trash	WO	
5	Shore	W		25	Dish	W	
6	Shiny	WO		26	Wish	WO	
7	Shiver	W		27	Bush	W	
8	Shoe	WO		28	Cash	WO	
9	Shh	W		29	Blush	W	
10	Shh	WO		30	Squash	WO	
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12	Dashes	WO		32	Smash	WO	
13	Bishop	W		33	Crush	W	
14	Cashes	WO		34	English	WO	
15	Dasher	W		35	Leash	W	
16	Rushing	WO		36	Hush	WO	
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1	Chef	W		21	Clash	W	
2	Sheet	WO		22	Brush	WO	
3	Sharp	W		23	Fish	W	
4	Shelf	WO		24	Trash	WO	
5	Shield	W		25	Dish	W	
6	Sugar	WO		26	Wish	WO	
7	Shout	W		27	Bush	W	
8	Shorts	WO		28	Cash	WO	
9	Shh	W		29	Blush	W	
10	Shh	WO		30	Squash	WO	
11	Mushy	W		31	Rush	W	
12	Ashes	WO		32	Smash	WO	
13	Cushion	W		33	Crush	W	
14	Flashing	WO		34	English	WO	
15	Washes	W		35	Leash	W	
16	Mashes	WO		36	Hush	WO	
17	Eyelash	W		37	Marsh	W	
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2	Shave	W		22	I can't find my brush.	WO	
3	Bushel	W		23	You should eat more fish.	WO	
4	Fashion	W		24	Grandma told me to hush my mouth.	WO	
5	Flash	W		25	It's not nice to push.	WO	
6	Bush	W		26	The salad needed more radish in it.	WO	
7	Oval is my favorite shape.	WO		27	The dog got off her leash.	WO	
8	Sheep are such cute animals.	WO		28	This dish is easy to make.	WO	
9	Shh	WO		29	This movie is smash hit.	WO	
10	Shh	WO		30	l work hard in English class.	WO	
11	My cereal is getting mushy.	WO		31	Crush the cans for recycling.	WO	
12	The ocean needs more fish.	WO		32	l wish I could stay longer.	WO	
13	Please give me a tissue.	WO		33	l got heat rash last summer.	WO	
14	l needs some more hand lotion.	WO		34	The snow quickly turned to slush.	WO	
15	Help me put away the dishes.	WO		35	Rush hour has lots of traffic.	WO	
16	Dad needs to fix the washer.	WO		36	l got an eyelash in my eye.	WO	
17	Squash is a yummy vegetable.	WO		37	Mash the potatoes in the pot.	WO	
18	We almost ran out of cash.	WO		38	Flush the toilet after you use it.	WO	
19	Mom put on more blush.	WO		39	Polish the spoon till it shines.	WO	
20	The marsh had lots of bugs.	WO		40	l eat my hot dogs with relish.	WO	

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19	Mom put on more blush.	WO		39	Polish the spoon till it shines.	WO	
20	The marsh had lots of bugs.	WO		40	l eat my hot dogs with relish.	WO	

Conversation SESSION #31

Date Completed:

*This session is to be completed without the SH Buddy; do as many topics as possible in a single lesson

Item	Conversation Topic	Comments
1	What's most important: to be healthy, wealthy or famous?	
2	What would you improve about yourself?	
3	What's the most delicious food in the world and why?	
4	What is one rule in your house you would change and why?	
5	Describe how to make a dish you know how to make.	
6	What's the best way to travel? Plane, train, car, boat? Why?	
7	What's the most useful thing ever invented by humans?	
8	What's your favorite iPad or Android app?	
9	Shh	
10	Shh	

Conversation SESSION #32

Date Completed:

*This session is to be completed without the SH Buddy; do as many topics as possible in a single lesson

Item	Conversation Topic	Comments
1	Tell what happens in your favorite movie.	
2	If you could go one place in the world tomorrow, what would that be? Why?	
3	Would you rather live in a city or the country? Why?	
4	What do you like best about being a kid?	
5	What's your favorite game to play? Why?	
6	What is your favorite season of the year and why?	
7	Tell about something you always find annoying that other people do.	
8	What is your first memory?	
9	Shh	
10	Shh	

