

Smooth Movement

When people speak at normal speeds their articulators (tongues, lips, and teeth) move very quickly.



As a result speech movements from sound to sound are sometimes quite abrupt. For people who stutter, these sudden movements can lead to stuttering.

You've already learned to *feel* and *hold on to* sounds as you prolong words with *Slow Stretched Speech*.

Smooth Movement will focus your attention on *how you move your articulators from one sound to the next*. It involves exaggerating movements between sounds, and paying very close attention to what's going on with your tongue, lips, and teeth.

When you make a good *Smooth Movement*, you'll be relaxing your articulators and getting more control of your speech muscles.

You may have already begun to produce *Smooth Movements* naturally, as you practiced your *Slow Stretched Speech*. If so, keep doing it, but now pay special attention to *how* you make the slow and gradual movements between sounds.

NOTES:

How to make a Smooth Movement:

1. After taking a *Relaxed Breath*, you will stretch the first sound of the syllable long enough to feel your articulators hold the sound in a gentle and steady way.
2. Then, you'll make a relaxed *Smooth Movement* from this first sound to the next vowel sound. (It's kind of like honey dripping out of a jar.)

As you do this, you'll make the same kind of bell curve that you've been practicing with the *Slow Stretched Speech*.

Listen to the following models and make a *Smooth Movement* on each syllable below.

mmm**uh**

yyyy**ow**

nnnn**ah**

vvv**o**

llll**oo**

thhh**er**

rrr**ee**

zzzz**ay**

www**ih**

jjj**eh**

In order to be able to make a *Smooth Movement* when you're talking at faster speeds, you need to practice a lot at slower speeds. Use the chart on the following page to record your practice.

NOTES:

Smooth Movement Words

1. mmm**my** (my)
2. mmm**man** (man)
3. mmm**mail** (mail)
4. mmm**milk** (milk)
5. mmm**mop** (mop)

1. lll**low** (low)
2. lll**laugh** (laugh)
3. lll**like** (like)
4. lll**lead** (lead)
5. lll**learn** (learn)

1. nnn**no** (no)
2. nnn**near** (near)
3. nnn**nine** (nine)
4. nnn**new** (new)
5. nnn**neck** (neck)

1. rrr**run** (run)
2. rrr**rest** (rest)
3. rrr**ride** (ride)
4. rrr**rub** (rub)
5. rrr**red** (red)

1. www**what** (what)
2. www**when** (when)
3. www**why** (why)
4. www**where** (where)
5. www**which** (which)

1. vvv**van** (van)
2. vvv**vest** (vest)
3. vvv**vine** (vine)
4. vvv**vote** (vote)
5. vvv**voice** (voice)

Smooth Movement Words (cont.)

1. **yyyyou** (you)
2. **yyyyes** (yes)
3. **yyyyell** (yell)
4. **yyyyawn** (yawn)
5. **yyyyou're** (you're)

1. **thhhhhat** (that)
2. **thhhhhis** (this)
3. **thhhhese** (these)
4. **thhhhhen** (then)
5. **thhhhhey** (they)

1. **zzzzoo** (zoo)
2. **zzzzip** (zip)
3. **zzzzone** (zone)
4. **zzzzap** (zap)
5. **zzzzoom** (zoom)

1. **jjjjump** (jump)
2. **jjjjet** (jet)
3. **jjjjoke** (joke)
4. **jjjjam** (jam)
5. **jjjjoin** (join)

Write down and practice additional one syllable words that begin with “stretchable” consonants. Remember that the “stretchable” consonants include: m, n, l, r, w, y, v, voiced th, z and j.

Smooth Movement Chart

Check off a box below each time you make a *Smooth Movement*.

Remember: Take an easy *Relaxed Breath*, stretch out the first sound, and make a bell curve as you slowly move into the next sound.

mmmmih	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
nnnnye	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
llllay	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
rrrreh	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
wwwwoe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
yyyyah	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
vvvvoo	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
thhhha	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
zzzzuh	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
jjjjer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐