

# Stuttering Treatment Activity Guide (School-age Children)

This guide contains a list of resources and activities that you may wish to use while doing treatment with a school-age child who stutters. Keep in mind that this activity list is not exhaustive. You are encouraged to find other ideas that suit your child's specific needs and interests, or use games and activities that you have at home. For this age group, it is important to use a variety of different activities to ensure that the experience is a motivating and engaging one. Activities, toys, and topics that are of interest to your child are critical for aiding compliance during treatment for this age group. This document should be used by parents in conjunction with training from a qualified speech pathologist.

The activities in this guide are predominantly grouped by the type of language that may be used by your child during treatment. This includes imitation and short sentences, long sentences, and conversation. It is important to note that the majority of activities can be adapted to suit the language level being used during treatment. A qualified speech pathologist will be able to assist in training parents and carers how to adapt treatment to suit your child's language requirements.

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## Books and magazines

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Therapy activities involving books and magazines lend themselves to practice sessions for all language levels and requirements.

Choose books with busy pictures so that your child can be encouraged to say as little or as much about the pictures as is required. You might be targeting imitation or short sentences, and your child can describe or label the pictures on the page. Alternatively, if treatment is targeting longer sentences or conversation, you may ask your child questions such as "Why is this happening?", "Why do you like...?", and "What do you think will happen next?" Or you might prompt your child with questions such as "Have you ever seen...?" or "Remember when you...?"

Here are some suggestions of books and magazines:

- *National Geographic* books and magazines
- *Lift-the-Flap Questions & Answers* series by Usborne publishing
- *Where's Wally* series by Martin Handford
- *Where's the Poo?* series by Alex Hunter

- *You Choose* series by Pippa Goodhart
- *Bamboozled* by David Legge
- *Imagine* by Alison Lester
- *The Street Beneath My Feet* by Charlotte Gullian
- *The Mess That We Made* by Michelle Lord
- *100 Facts* series by Miles Kelly publishing
- *DK findout!* series by DK
- *Game On! 2022* by Scholastic Kids
- *Guinness World Records* by Guinness World Records
- *Ripley's Believe It or Not!* by Robert Ripley
- Any books of interest to your child, such as those selected from a library
- Magazines and catalogues of interest to your child, such as toy catalogues, book club brochures, Lego magazines, sporting magazines, or the Women's Weekly birthday cake magazine).

Access to digital books and magazines is also available via a number of websites. Some of these, which have no cost or are low cost, include the following:

- *Epic* (<https://www.getepic.com/>)
- *Vooks* (<https://www.vooks.com/>)
- *National Geographic* books (<https://www.nationalgeographic.com/books>)
- *National Geographic Kids* (<https://kids.nationalgeographic.com/>)
- *DK findout!* (<https://www.dkfindout.com/uk/>)

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## Imitation and short sentences

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### Picture memory and matching games

Games involving picture cards, bingo boards, or matching pictures are useful activities for imitation and short sentences. Each person can take turns labelling the pictures, describing them, or talking about what might be happening in the pictures.

An example of a variation is placing any set of picture cards face up on the table and hiding a small selection of counters under some of the cards. As each player takes turns choosing a picture card to label or describe, they can look underneath to see if there is a counter. The person with the most counters at the end of the game wins.

Picture boards and cards can be downloaded without cost or at a low cost from the internet, from websites such as <https://www.improvememory.org/matching-games/>

Alternatively, some examples of games that are available for purchase are

- *Tummy Ache*, *Greedy Gorilla*, and other games by Orchard Toys
- *Poo Bingo* by Laurence King

- *Zingo* by Think Fun
- any card sets, such as Pokemon cards or AFL Football cards
- sticker books
- *Spot It!* by Blue Orange Games.

## Guessing games

Guessing games such as *I Spy* are convenient as they can be played at any time and in any place. Take turns with your child guessing what the other person might be thinking of. You can also play similar types of guessing games with a picture book.

Board games such as *Pictionary* and *Charades for Kids* involve people guessing an object. You can recreate these games at home using a 'word generator' website, such as

<https://www.thegamegal.com/word-generator/>

Similar games that are available for purchase include

- *Headbanz* by Spin Master
- *Guess Who* By Hasbro
- *Pictionary* by Mattell Games
- *Charades For Kids* by Holdson

## Trivia

Talking about fun facts and answering trivia questions with your child can be fun and motivational in therapy, particularly if the topic is one that is of interest to them or one that they know a lot about already. Trivia questions and facts can be downloaded from the internet at no cost. Similar games that are available for purchase include

- *BrainBox for Kids* by the Green Board Game Co.
- *5 Second Rule* by University Games
- *Trivial Pursuit Family Edition* by Hasbro

## Online games and device apps

For some children, screen time using an app is more appropriately used as a reward because they prefer to play these games on their own. Some children may be happy to use the game for stuttering treatment, and you and your child can take turns using the app to describe or explain what you are doing.

Some online games can be accessed on websites at no cost, and other game applications can be purchased at low cost for various devices, such as iPads and other tablets. Some examples are

- [www.abcya.com/games/](http://www.abcya.com/games/) (for example, the "*Make a[n]...*" series of games)
- [www.highlightskids.com/games](http://www.highlightskids.com/games) (for example, *Hidden Pictures* and *Spot the Difference*)
- [www.pbskids.org](http://www.pbskids.org)
- *Toca Hairsalon 4* by Toca Boca (Device app)

- *Toca Kitchen 2* by Toca Boca (Device app)
  - *Toca Kitchen Monsters* by Toca Boca (Device app)
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## Long sentences

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### Picture scenes

Creating and talking about picture scenes are useful for encouraging longer sentences in treatment. Some children might enjoy doing this using a computer and finding images on the internet to make a scene, or you might like to cut out images from a magazine together while talking about the pictures and explaining what is happening in the picture scene. Similar games can be found on the internet at no cost, or purchased from a store. Some suggestions are

- *I saw it first!* series of games by Laurence King
- puzzles, such as those by Ravensberger
- felt boards and magnetic boards
- *Hidden Pictures* and *Spot the Difference* ([www.highlightskids.com/games](http://www.highlightskids.com/games))
- online painting, sketching, and drawing programs (<https://kleki.com/>)

### Craft and building sets

Ask your child to explain what they are doing while completing a craft activity together or a building set. You might take turns giving each other instructions and ask your child, “What should I do next?” Another idea is to take turns being a Lego “architect” or “builder” together. The architect looks at the instructions and has to explain to the builder which pieces are needed and where to put them. Some building and craft activity ideas include

- craft kits, such as rock painting, jewellery, and beading sets
- painting and drawing
- Lego sets
- science experiments
- making slime or playdough

### Describing games

Similar to guessing games, take turns with your child to describe an object, a place, or a person. Again, you could use a word generator website such as <https://www.thegamegal.com/word-generator/> to randomly generate verbs or nouns to be described. You can also do this while looking at a book together.

Alternatively, other board games that involve describing can be purchased. Usually longer, more complex board games are best simplified or modified for use in treatment. This might include only using the cards and taking turns instead of rolling the dice. It is also useful to remove the “time” element as this is not conducive to stuttering treatment. Some suggestions of games for purchase include

- *Articulate for Kids* by Ventura
- *Concept Kids: Animals* by Asmodee
- *Don't Say it!* by Pressman

## Silly sentences and story telling

A fun way to use long sentences in treatment is to make up silly stories and sentences together. You and your child can take turns giving the other person a well-known story title and it is then their job to retell the story but come up with a silly or different ending. Another way to use story telling in stuttering treatment is to take turns describing a story, the characters, and the plot, and see if the other person can guess the title of the story.

Similar activities that available for purchase include:

- *Tell A Story* by Ravensburger
- *Rory's Story Cubes* by Zygomatic
- *Spark* sequence and storytelling cards by Spark Innovations

## Online games and device apps

Various device applications and games can be also used to encourage long sentences and descriptions. Use games and apps that are engaging to motivate your child to talk about what is happening or what they are doing, or ask them to tell you what you need to do in the game. You and your child can take turns describing and explaining what is happening in the game.

Most apps can be purchased for various devices at low cost, and there are also some free games available on various websites. Some suggestions include

- *My PlayHome* by PlayHome Software Ltd
- *Infinite Arcade* by Tinybob
- *LEGO® Tower!* By NimbleBit LLC
- *Garden Detective*, *Plan a Party*, and other games from ABC Education Games(<https://education.abc.net.au/home#!/games>)

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## Conversation

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### Online videos/websites

Using videos and pictures, from the internet, of things your child is interested in can create great materials for treatment. You and your child might watch a short video of a science experiment together and then talk about it. Looking up facts about your child's favourite animals or places is a great conversation starter and can be interesting and motivating for your child. Some popular websites with videos and pictures are

- *Mystery Doug YouTube Channel*  
([https://www.youtube.com/channel/UCPRCRM3JKm3sw55lB\\_427qg](https://www.youtube.com/channel/UCPRCRM3JKm3sw55lB_427qg))

- *The Kid Should See This* (<https://thekidshouldseethis.com/>)
- *Lego Masters* (<https://9now.nine.com.au/lego-masters>)
- *National Geographic* (<https://www.nationalgeographic.com/>)
- *National Geographic Kids* (<https://kids.nationalgeographic.com/>)
- Clips from favourite TV shows
- *ABC Behind The News* (<https://www.abc.net.au/btn/>)
- *Pokellector* (<https://www.pokellector.com/>)

## **Your child's favourite toys**

Incorporating your child's favourite toys or objects into therapy is a fantastic way to encourage lots of talking. In therapy, you can ask your child to tell you all the things they love about that particular toy, such as why and where they got it, and how they play with it. Your child may also like to talk about a favourite family board game, such as Monopoly or Yahtzee. They can teach you how to play it by explaining the rules, and you can continue the conversation as you play the game.

You might also join in and play with your child and their favourite toys. While doing this, you can ask them to explain what they are doing or talk about the toy or game. For example, when playing with items such as Pokémon cards, Bakugan, or Beyblades, you could have a battle and then talk about the strengths and weaknesses of each character.

## **Photographs and pictures**

Use photographs and pictures to generate discussions about your child's favourite memories, things, or interests. You could create a photo book together using family pictures or photographs from a recent holiday, or magazines; or find pictures on the internet and create a PowerPoint slide together.

## **General conversations**

Turn general conversation into an opportunity to do treatment together. Some ideas for starting a conversation could be

- Recounting the day
- Teaching you how to play a favourite computer game
- Re-telling a story that your child is reading
- Going for a walk and talking about, or describing, your surroundings, such as a beach, garden, park, or streets.

## **Daily activities and routines**

Activities that you and your child do together every day can also be turned into times for stuttering treatment. Some ideas include

- Cooking or preparing a meal together
- Setting the table for dinner

- Packing a bag for the school day
- Cleaning a room
- Folding the clean clothes and putting them away
- Feeding family pets
- Listening to the radio in the car and discussing what is heard
- Stacking the dishwasher and washing dishes.

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## Rewards

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Maintaining children's compliance and engagement on a day-to-day and week-to-week basis can be challenging. It can be helpful to set up a reward system such as a sticker chart, which encourages your child to complete daily practice or treatment sessions while working towards a larger reward that is earned within a designated time frame, such as by the end of the day or week. Rewards need to be meaningful and motivating, and they will vary from child to child. Some ideas are

- A coin in a jar after every practice session
- Additional or designated screen time for online games, or a movie for movie night
- Sticker or point charts that work towards a larger reward. You can make your own chart, download a chart, or purchase an app based on your child's interest. An example is *Rewards Charts* by Stellar.

Some children may benefit from taking turns in a simple game, with pieces as a motivator during treatment. You may choose to finish a treatment session with a quick game or challenge, or you may stop intermittently during treatment to each take a turn of a game.

A number of familiar, simple games that can be used as motivators or reinforcers during therapy. *Uno*, *Snakes and Ladders*, and *Connect 4* can be played online free of charge at <https://poki.com>

Some ideas of simple games for purchase include:

- *Connect 4*
- *Jenga*
- *Snakes and Ladders*

It is essential that this document is used in conjunction with training from a speech pathologist who has experience treating stuttering. Your clinician will be able to provide more ideas about children's stuttering, treatment, and appropriate activities.