

Training Guide 3: Functional Breath-Voice-Speech-Movement Integration

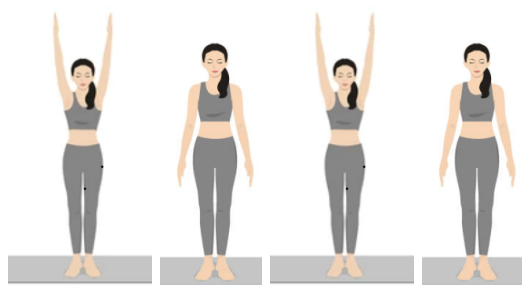
Movement: Arms Lift Overhead ↔ Arms to Side

  **INHALE** → Arms lift overhead → Arms move down by sides with your sound/word

Sounds:

1. “aahh”

INHALE aahh **INHALE** aahh



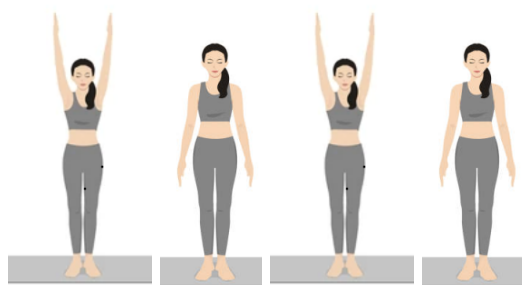
WHEELCHAIR / CHAIR OPTION

INHALE aahh **INHALE** aahh



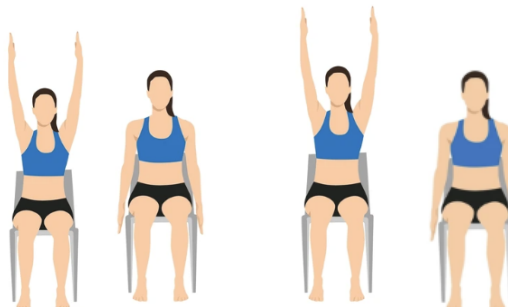
2. “Oohh”

INHALE ooohhh **INHALE** ooohhh



CHAIR / WHEELCHAIR OPTION

INHALE ooohhh **INHALE** ooohhh

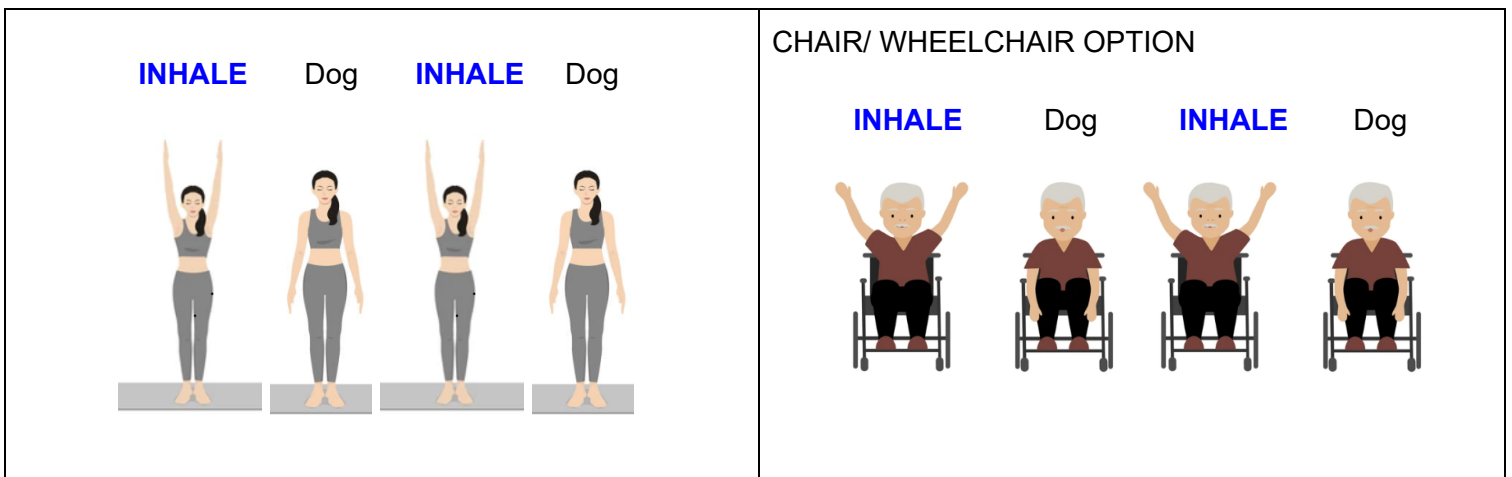


Continue with these sounds:

3. "Eeee"
4. "Waahh"
5. "Weeee"
6. "Woohh"

Words (one per movement)

1. "Dog"



Continue with these words:

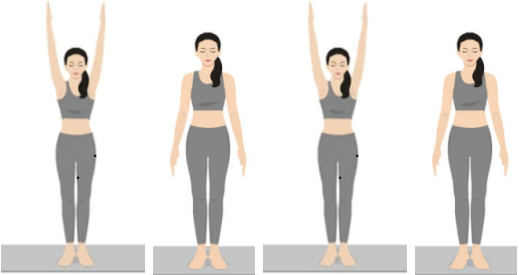
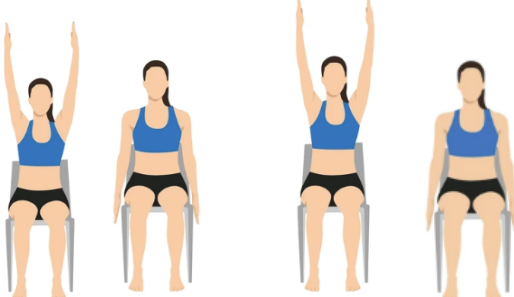
2. "No"
3. "Good"
4. "Cake"
5. "Go"
6. "Try"

Phrases

🫁 ⬆️ **INHALE** → Arms lift overhead

→ Arms move down and up with each following word: Match 1 movement to 1 word.

1. "Walk the dog."

INHALE Walk the dog 	CHAIR/ WHEELCHAIR OPTION INHALE Walk the dog 
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Continue with these phrases:

2. "No thank you"
 3. "Good for you!"
 4. "Piece of cake"
 5. "Here we go"
 6. "I will try"
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Cognitive Challenge - Use the same movement sequence as above, taking an initial inhale and then matching one word to each movement.

Fill in the blanks:

1. Spaghetti and ____
 - Example: Sequence: :
  INHALE – Arms lift
→ Arms down to sides → “Spaghetti”
→ Arms lift → “And”
→ Arms down to sides → “**Meatballs**”
 2. Black and ____
 3. Up and ____
 4. Stop and ____
 5. Day and ____
 6. On and ____
 7. In and ____
 8. Big and ____
 9. Fast and ____
 10. Hot and ____
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Additional Practice: Sequencing

Say aloud while moving, pairing one word per movement. Focus on LOUD voice and taking a BREATH before running out of air.

1. Alphabet
 - Example
 -   INHALE – Arms lift
→ Arms down to sides → “A”
→ Arms lift → “B”
→ Arms down to sides → “C”   INHALE – Arms lift, Continue sequence,
“D / E /F” → inhale

Get Loud. Feel Good. Speak Steady. Are you with me?