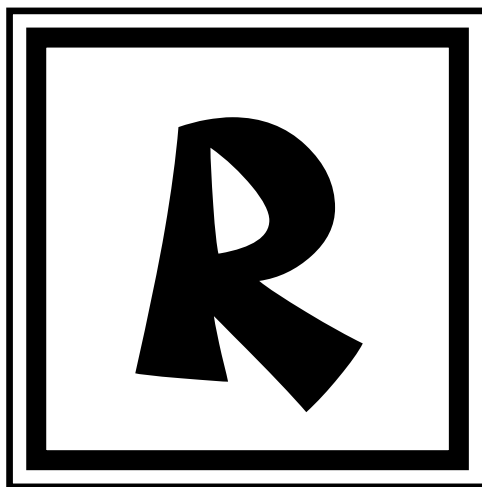


# 5-Minute Therapy

WHAT CAN YOU DO IN 5-MINUTES??

**Materials for the 5-Minute Kids™ Program**



**VOLUME 1**

## **5-MINUTE THERAPY SERIES**

**Susan Sexton M.A. CCC**  
**Speech-Language Pathologist**

**Linda Eve Seth M. Ed**  
**Speech-Language Pathologist**

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GRAPHIC DESIGN BY DAVID WATSON AND MICHAEL WATSON  
COVER DESIGNED BY JENNIFER DAHN

## READING LIST: INITIAL R WORDS ONE SYLLABLE

- |           |           |            |
|-----------|-----------|------------|
| 1. race   | 18. rent  | 35. roost  |
| 2. rack   | 19. rest  | 36. root   |
| 3. raft   | 20. rib   | 37. rope   |
| 4. rag    | 21. rice  | 38. rose   |
| 5. rage   | 22. rich  | 39. rough  |
| 6. rain   | 23. ride  | 40. round  |
| 7. raise  | 24. right | 41. route  |
| 8. rake   | 25. rim   | 42. row    |
| 9. ram    | 26. ring  | 43. rug    |
| 10. ran   | 27. rinse | 44. run    |
| 11. ranch | 28. rip   | 45. runt   |
| 12. rang  | 29. ripe  | 46. rye    |
| 13. rat   | 30. road  | 47. wrap   |
| 14. rate  | 31. roast | 48. wreath |
| 15. reach | 32. robe  | 49. wreck  |
| 16. read  | 33. rock  | 50. wrench |
| 17. red   | 34. roof  |            |

## READING LIST: INITIAL R WORDS MULTI-SYLLABLE

- |              |             |              |
|--------------|-------------|--------------|
| 1. rabbit    | 18. recycle | 35. rodent   |
| 2. radio     | 19. reduce  | 36. rodeo    |
| 3. rainbow   | 20. refuse  | 37. rolling  |
| 4. rainfall  | 21. regal   | 38. rooting  |
| 5. raisin    | 22. rental  | 39. rosebud  |
| 6. rapid     | 23. rested  | 40. Rosie    |
| 7. rascal    | 24. resting | 41. rotten   |
| 8. rating    | 25. review  | 42. rowing   |
| 9. ratings   | 26. rhythm  | 43. rudely   |
| 10. reaching | 27. riding  | 44. running  |
| 11. reading  | 28. ringing | 45. rusty    |
| 12. ready    | 29. ripen   | 46. wrapping |
| 13. realize  | 30. ripples | 47. wrecking |
| 14. reason   | 31. roasted | 48. wrestle  |
| 15. recent   | 32. Robbie  | 49. wrinkle  |
| 16. reckless | 33. robot   | 50. writing  |
| 17. recount  | 34. robust  |              |

## READING LIST: MEDIAL R WORDS

- |              |               |              |
|--------------|---------------|--------------|
| 1. around    | 18. cherry    | 35. pouring  |
| 2. arrive    | 19. fairy     | 36. scaring  |
| 3. arrow     | 20. furrow    | 37. scary    |
| 4. barracks  | 21. furry     | 38. sharing  |
| 5. barrel    | 22. Gary      | 39. Sherry   |
| 6. Barry     | 23. geranium  | 40. snoring  |
| 7. berries   | 24. hairy     | 41. sorry    |
| 8. boring    | 25. horrible  | 42. surround |
| 9. borrow    | 26. hurricane | 43. tearing  |
| 10. buried   | 27. January   | 44. terrace  |
| 11. Cairo    | 28. jury      | 45. terrible |
| 12. canary   | 29. merry     | 46. terrific |
| 13. caring   | 30. narrow    | 47. tomorrow |
| 14. carpet   | 31. Paris     | 48. tornado  |
| 15. carrot   | 32. parrot    | 49. Tyrone   |
| 16. carry    | 33. pirate    | 50. weary    |
| 17. carrying | 34. porridge  |              |

**READING LIST: FINAL R WORDS ONE SYLLABLE**

- |          |           |           |
|----------|-----------|-----------|
| 1. air   | 18. gear  | 35. sir   |
| 2. bar   | 19. hair  | 36. snore |
| 3. bear  | 20. hear  | 37. spar  |
| 4. bore  | 21. her   | 38. spur  |
| 5. burr  | 22. jar   | 39. stare |
| 6. care  | 23. mare  | 40. steer |
| 7. chair | 24. more  | 41. stir  |
| 8. chore | 25. near  | 42. store |
| 9. core  | 26. nor   | 43. sure  |
| 10. dare | 27. oar   | 44. tar   |
| 11. deer | 28. par   | 45. there |
| 12. door | 29. pear  | 46. tore  |
| 13. ear  | 30. peer  | 47. wear  |
| 14. fair | 31. poor  | 48. wore  |
| 15. far  | 32. purr  | 49. year  |
| 16. four | 33. scar  | 50. your  |
| 17. fur  | 34. share |           |

**READING LIST: FINAL R WORDS MULTI-SYLLABLE**

- |              |              |             |
|--------------|--------------|-------------|
| 1. appear    | 18. hanger   | 35. scatter |
| 2. before    | 19. happier  | 36. shatter |
| 3. better    | 20. heater   | 37. singer  |
| 4. bother    | 21. ignore   | 38. speaker |
| 5. center    | 22. joker    | 39. spider  |
| 6. chapter   | 23. laughter | 40. sticker |
| 7. chopper   | 24. matter   | 41. sugar   |
| 8. cider     | 25. measure  | 42. super   |
| 9. computer  | 26. meter    | 43. thinner |
| 10. danger   | 27. mother   | 44. tiger   |
| 11. daughter | 28. motor    | 45. timer   |
| 12. dipper   | 29. neighbor | 46. tower   |
| 13. doctor   | 30. offer    | 47. under   |
| 14. enter    | 31. other    | 48. voter   |
| 15. father   | 32. paper    | 49. water   |
| 16. feather  | 33. pointer  | 50. weather |
| 17. feature  | 34. power    |             |

## READING LIST: INITIAL R SENTENCES

1. Pablo **runs** fast.
2. **Rice** is tasty.
3. Let's **race** to the finish line.
4. Show me his **room**.
5. I like cookies with **raisins**.
6. Give the **rattle** to the baby.
7. The phone is **ringing**.
8. Put the **relish** on the hot dog.
9. Did you **read** that book?
10. **Roses** smell good.
11. They **roasted** the chicken.
12. **Rabbits** feel soft.
13. Don't play the **radio**, please.
14. We can sit in the **rowboat**.
15. **Repeat** what I say.
16. **Write** the whole alphabet.
17. He **wrecked** his dad's toolbox.
18. Do you know how to **wrestle**?
19. I can't find the **remote**.
20. His **relatives** will come tonight.
21. Uncle **Ryan's** house is old.
22. Use a **rag** to wipe it up.
23. The **robin** built a nest.
24. What a beautiful **rainbow**!
25. I love to walk in the **rain**.

## READING LIST: MEDIAL R SENTENCES

1. Let's **carry** it to the table.
2. May I **borrow** a pencil?
3. My **parrot** is blue and yellow.
4. **Tomorrow** is a school day.
5. Eat some **carrots**.
6. She is a **terrific** mom.
7. The **pirate** sailed his ship.
8. They will **arrive** tonight.
9. That alley is quite **narrow**.
10. Mom will **borrow** some eggs.
11. The **hurricane** has passed.
12. **Kangaroos** can hop.
13. She lives in South **Carolina**.
14. Dean's **parents** have a boat.
15. That was **very** nice of you.
16. Who is on the **jury**?
17. The dog **buried** the bone.
18. Dad is **snoring** loudly.
19. Let's sit on the **terrace**.
20. The **barrel** was filled with seeds.
21. I love **cherry** pie.
22. They picked **blueberries** today.
23. I am **sorry** that you feel sick.
24. We will fly to **Paris** at noon.
25. She lost the gold **earring**.



## READING LIST: FINAL R SENTENCES



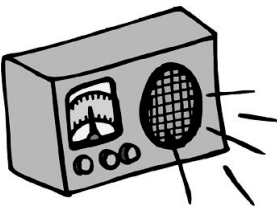





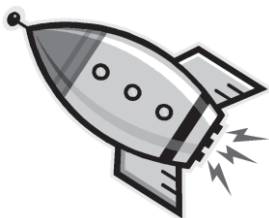


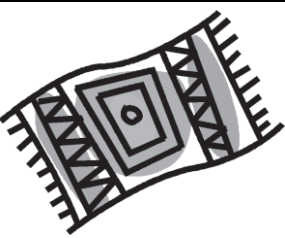
1. I want some **more**, please.
2. He has **four** dogs.
3. I like **your** outfit.
4. Does he always **snore**?
5. I want to go to the **fair**.
6. I ate a **pear** at lunch.
7. It is not polite to **stare**.
8. Let's take his **car**.
9. Open the **jar** of pickles.
10. He lives **far** away.
11. I hate the smell of **tar**.
12. He climbed **higher** than anyone.
13. Tom bought a new **tire**.
14. We have a **buyer** for the house.
15. We will leave in an **hour**.
16. I need to take a **shower**.
17. Listen to the cat **purr**.
18. Give it to **her**.
19. My **teacher** is nice.
20. Don't use too much **sugar**.
21. The cat's **fur** is smooth.
22. They **were** finally finished.
23. She wished on a **star**.
24. Hang the towel on the **bar**.
25. I want a pink **flower**.

## READING LIST: R-BLEND SENTENCES

1. **Drive** below the speed limit.
2. I just felt a **drop**.
3. Lisa likes to **draw** cats.
4. Go down to the **tracks**.
5. Put the lights on the **tree**.
6. **Try** to sleep now.
7. We feel so **proud** of you.
8. My cat won second **prize**.
9. The **crow** stole my necklace.
10. Use the **crosswalk**.
11. Maya likes **green** shoes.
12. I like to **grow** plants.
13. We **grew** huge tomatoes.
14. That is a **great** idea.
15. It's time to mow the **grass**.
16. One inch of snow is on the **ground**.
17. My toes feel **frozen**.
18. I have a yellow **crayon**.
19. Eat more **fruit**.
20. He hates **brown** suits.
21. My bike is **broken**.
22. **Bring** home a pizza tonight.
23. She is so **brave**.
24. **Break** the stick in half.
25. The **bright** sun was in my eyes.

# SPEEDY R WORDS

DIRECTIONS: Have the student name the pictures as quickly as possible for one minute. The child repeats the list as many times as needed until the SLP says "STOP". Record the number of correct responses in one minute and encourage the student to "beat the score" on subsequent trials.

		
<b>RABBIT</b>	<b>RACCOON</b>	<b>RADIO</b>
		
<b>RAINBOW</b>	<b>RAKE</b>	<b>RECYCLE</b>
		
<b>REMOTE</b>	<b>RING</b>	<b>ROCKET</b>
		
<b>ROPE</b>	<b>ROSE</b>	<b>RUG</b>

NAME: \_\_\_\_\_

Date					
Number of correct words					



## “ENVELOPE GAMES”

A selection of games and directions is included on the following pages. These games can be adapted to target a word, phrase or sentence and are designed to elicit a large number of responses in a short time.

### Instructions for Assembling the Games

- Copy the game two or more times on card stock, or copy and paste on construction paper.
- Cut the cards apart and store in a 4 X 6 manila envelope.
- The directions for each game can be cut and pasted to the front of the envelope.
- If desired, laminate the game cards and envelope to limit wear and tear.

The responses for the envelope games can be at the word, phrase or sentence level. For instance, when playing the *Rabbit* game the responses can be as follows:

- WORD: “A rabbit”
- PHRASE: “A soft rabbit”
- SENTENCE: “The rabbit can hop.”

Students also enjoy creating their own sentences, often the sillier the better!

To challenge the student at the sentence level and to provide a variety of responses, techniques from the [Expanding Expression Tool](#)\* can be incorporated into the game. After selecting a card, the student can describe the object using the following format:

**GROUP:** A rabbit is an animal.

**WHAT DOES IT DO:** A rabbit can hop.

**WHAT DOES IT LOOK LIKE:** The rabbit is brown and white.

**PARTS:** The rabbit has long ears and a fluffy tail.

**WHERE:** A rabbit lives in a hutch.

**WHAT DO I KNOW:** Rabbits like to eat carrots.

\*[Expanding Expression Tool](#): A Multi-sensory Approach for Improved Oral and Written Language  
by Sara Smith ([expandingexpression.com](http://expandingexpression.com))

The envelope games consist of several stimulus pictures focusing on specific sounds and one "target" card which will determine the outcome of the game. The "target" card for the game may be a WINNER or a LOSER, depending on the game. For instance, the *BEAR* wants the *HONEY*, but the *BALLOON* does not want to *POP!*

The envelope games are very versatile and can be played in many ways. The students enjoy making their own rules for each game. Here are some suggested versions:

***The person who draws the "target" card:***

- Loses all cards and the game is over.
- Takes all cards from other players and wins the game.
- Puts their cards back into the envelope (along with the "target" card) and the game continues until the end of the session. The winner is the player with the most cards.
- Gets a point for drawing the "target" card and that card is returned to the envelope. The winner is the player with the most points at the end of the session.
- Takes the cards from other players and the "target" card is returned to the envelope to be selected again. When the last card is drawn, the player with ALL of the cards wins.

The envelope games can be very effective for students at the initial stages of therapy. It has been found that while playing envelope games, children who are not stimulative for their sounds may achieve close approximations when they are repeating the same word several times. While this task may be tedious in a drill session, it can be "fun" when playing an envelope game. It has also been observed that a student working at the word level may be able to progress to the phrase or sentence level while playing an envelope game by practicing the same word throughout the session.

# HUNGRY RABBITS

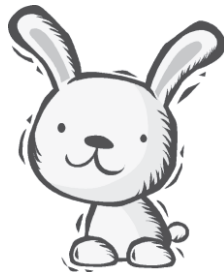
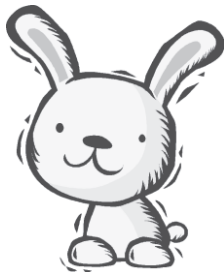
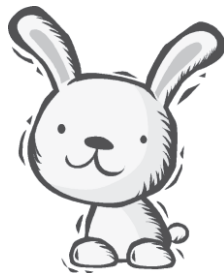
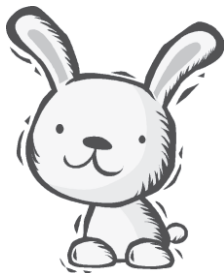
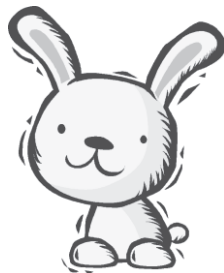
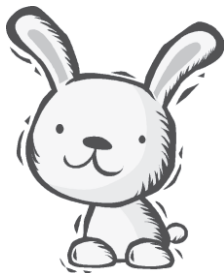
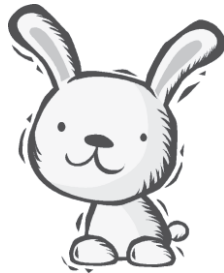
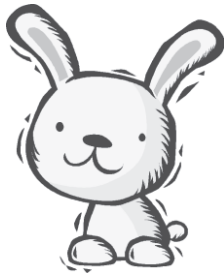


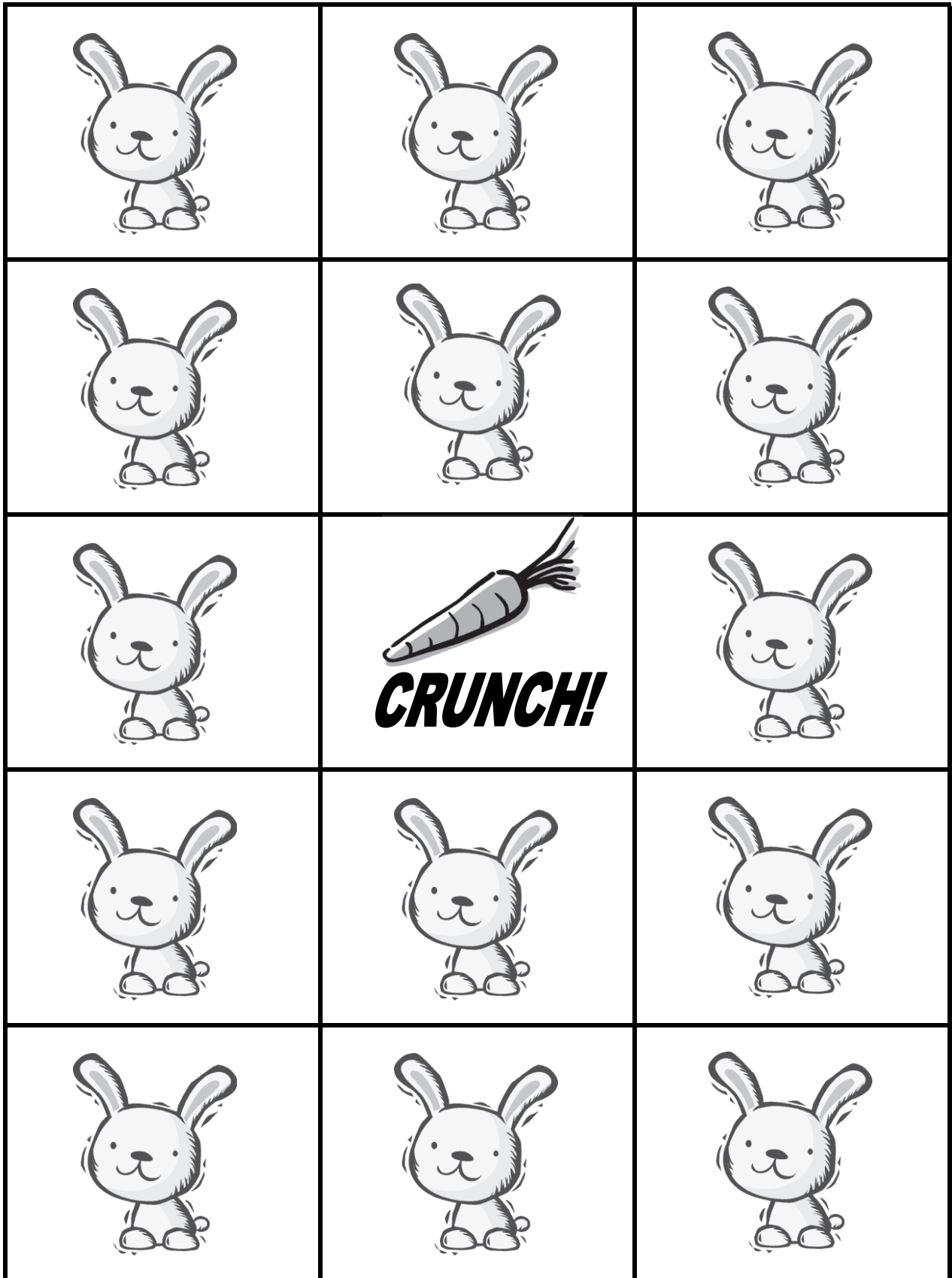
INITIAL R

Directions: The student draws a card and describes the rabbit using a word, phrase or sentence. The player who draws the CARROT card collects all rabbit cards and wins the game.

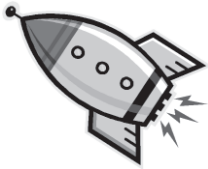
**Suggested responses:**

- Word: "Rabbit"
- Phrase: "A soft rabbit"
- Sentence: "The rabbit can hop."





# BLAST OFF!



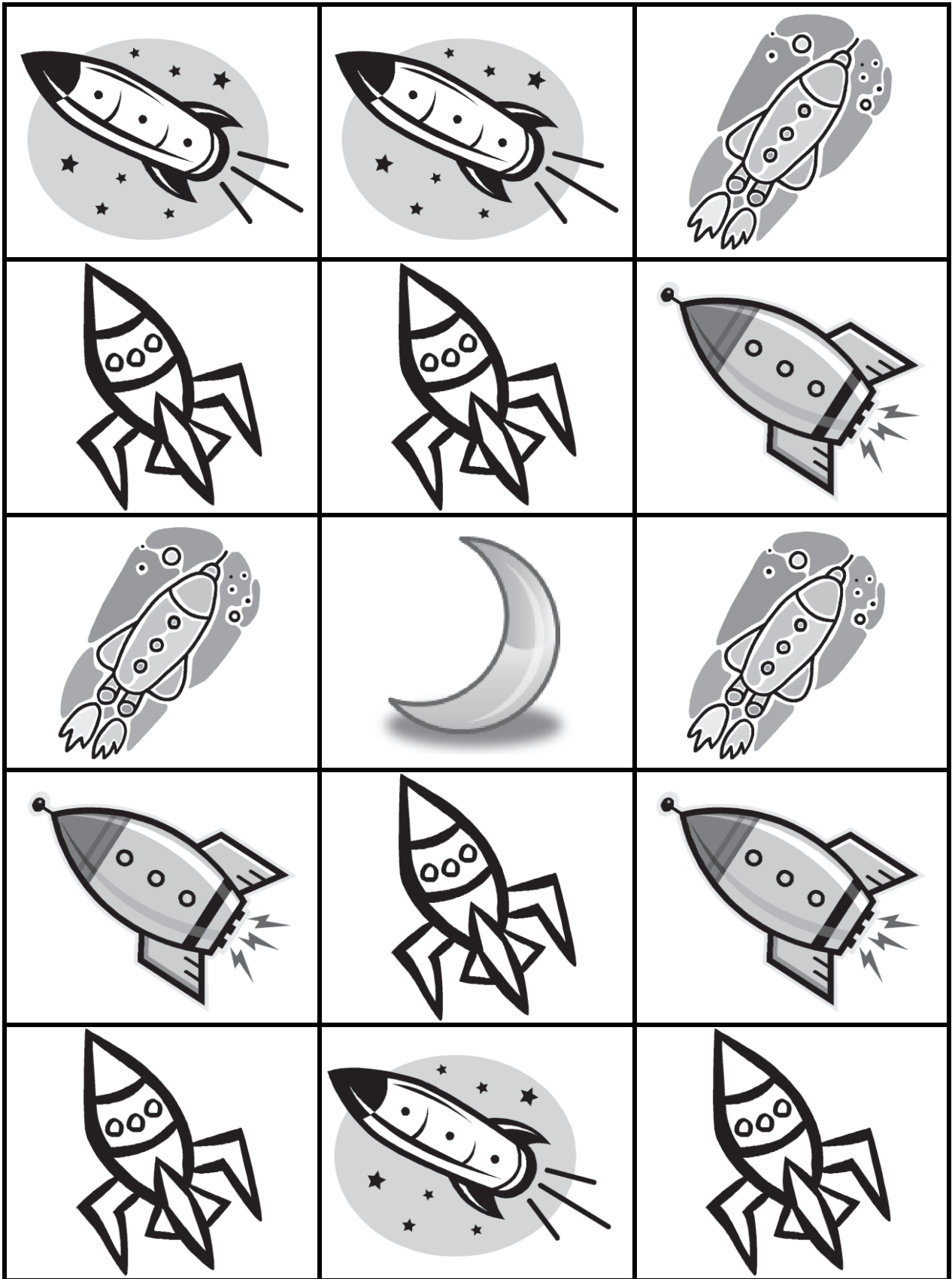
Directions: The student draws a card and describes the rocket using a word, phrase or sentence. The player who draws the MOON card wins the game.

**Suggested responses:**

- **Word:** "Rocket"
- **Phrase:** "A space rocket"
- **Sentence:** "The rocket landed on the moon."

INITIAL R MEDIAL K



# THE PIRATE'S PARROT



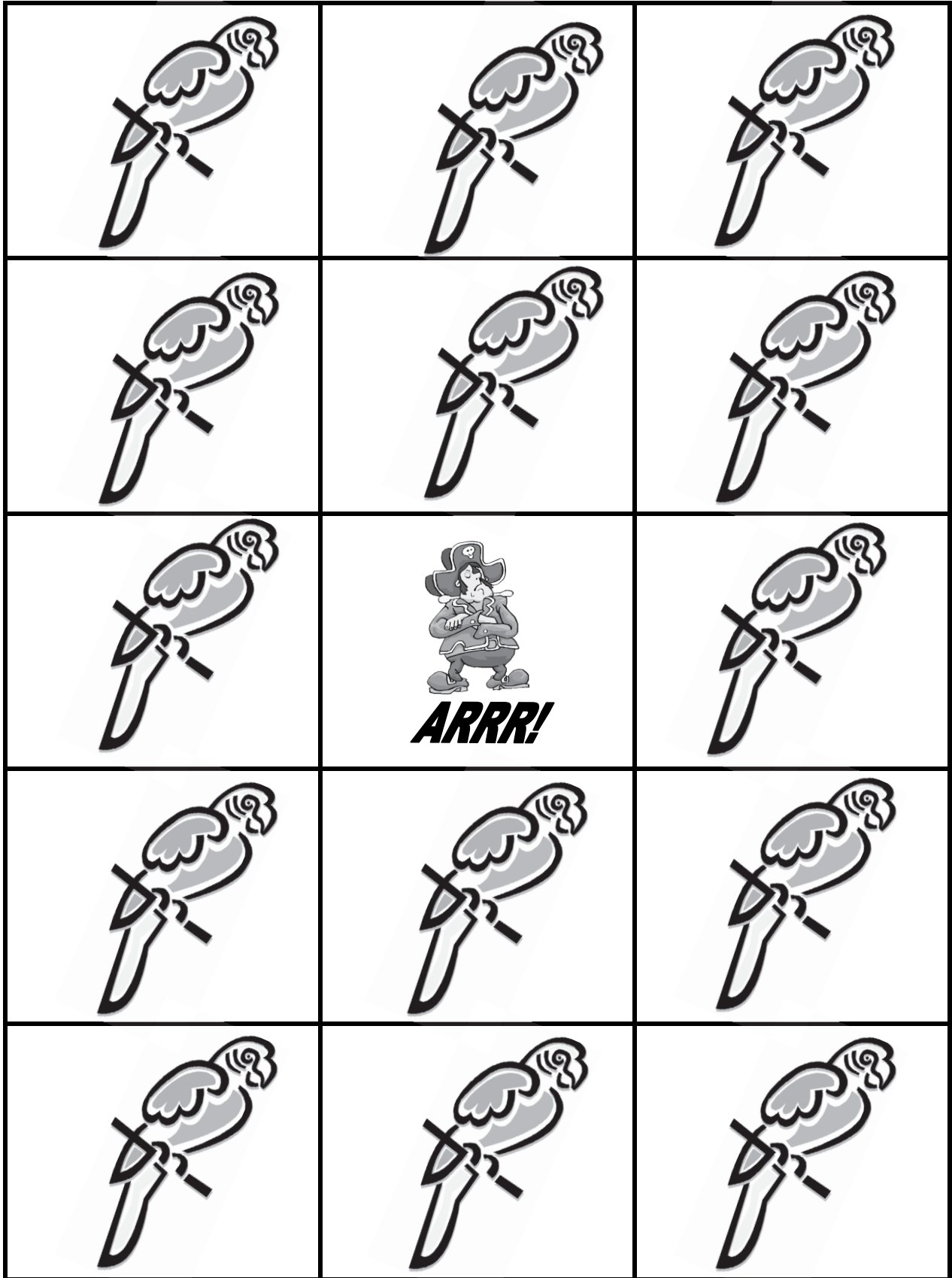
MEDIAL R

Directions: The student draws a card and describes the parrot using a word, phrase or sentence. The player who draws the PIRATE card collects all parrot cards and wins the game.

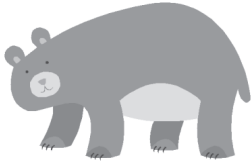
**Suggested responses:**

- Word: "Parrot"
- Phrase: "A talking parrot"
- Sentence: "The parrot bit the pirate."





# HONEY OF A BEAR

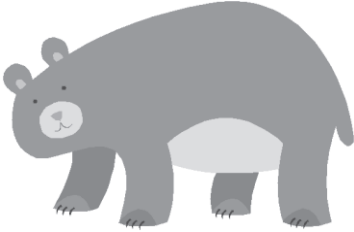
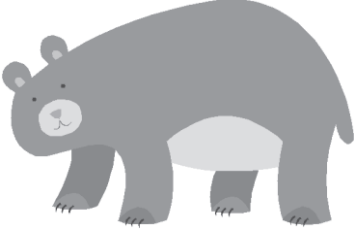
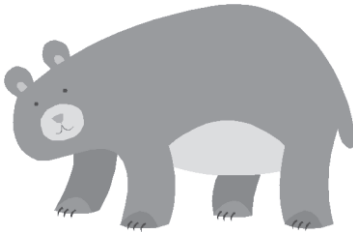
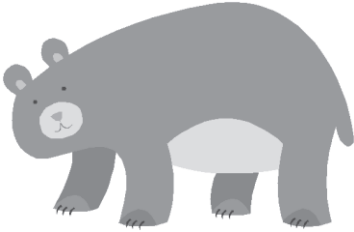
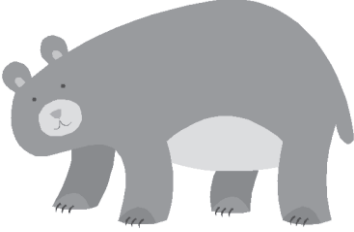
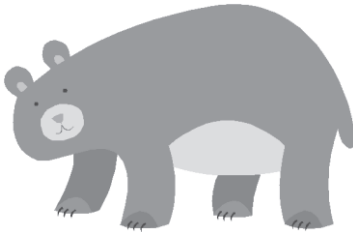
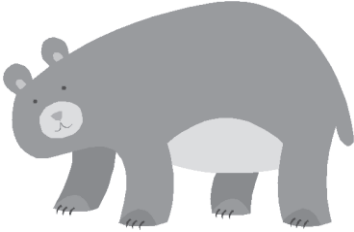
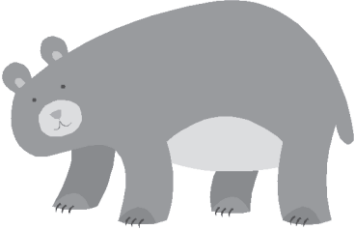
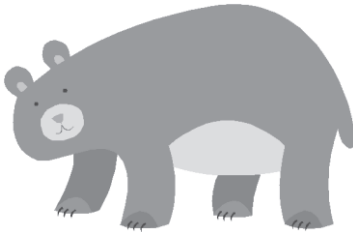
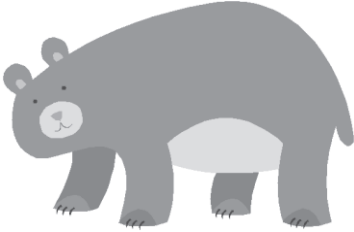
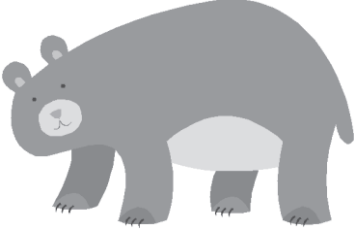
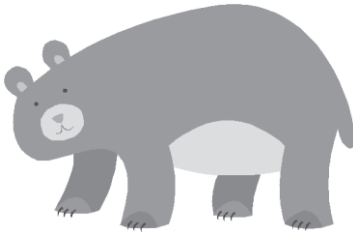


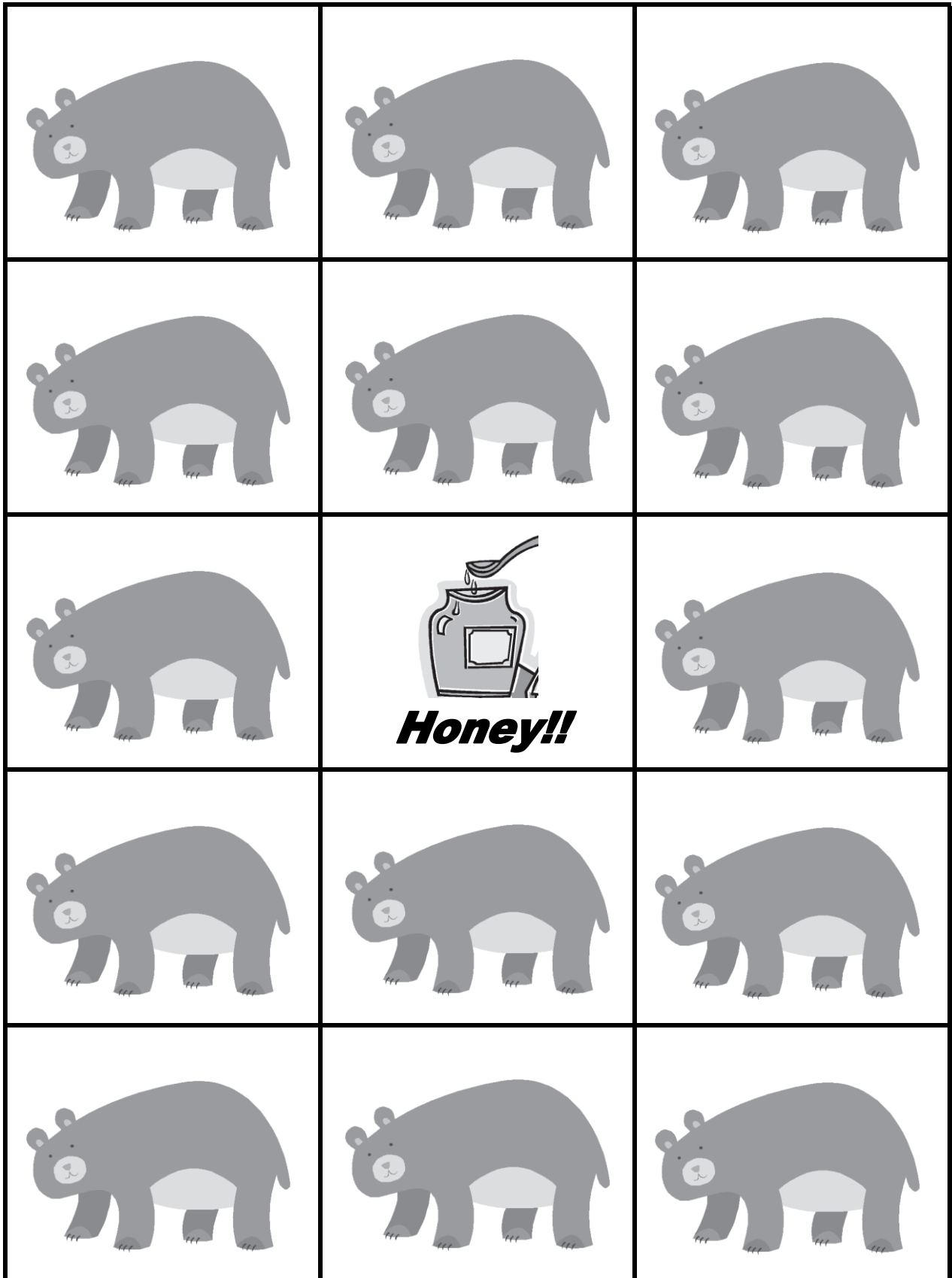
FINAL /AIR/

Directions: The student draws a card and describes the bear using a word, phrase or sentence. The player who draws the HONEY card collects all bear cards and wins the game.







**Suggested responses:**

- **Word:** "Bear"
- **Phrase:** "A brown bear"
- **Sentence:** "The bear likes honey."







		
		
		
		



## SPEECH BOOKMARKS

<b>R Initial</b> 	<b>R Medial</b> 	<b>R Final</b> 
<p>                     race                      rain                      rat                      reach                      rice                      ring                      rock                      room                      rug                      run                 </p>	<p>                     around                      arrow                      carrot                      forget                      hero                      narrow                      orange                      pirate                      sheriff                      zero                 </p>	<p>                     car                      care                      door                      ear                      fair                      fur                      hair                      more                      pear                      star                 </p>
<b>R Initial</b> 	<b>R Medial</b> 	<b>R Final</b> 
<p>                     rabbit                      rainbow                      raisin                      reading                      recess                      remind                      review                      ribbon                      rocket                      rowboat                 </p>	<p>                     area                      battery                      category                      cereal                      dictionary                      gorilla                      January                      macaroni                      operate                      separate                 </p>	<p>                     before                      bigger                      compare                      dinner                      dinosaur                      feather                      guitar                      indoor                      outdoor                      teacher                 </p>

# SPEECH BOOKMARKS

BR blends 	CR blends 	DR blends 
bracelet branch bread brick bridge bronco broom brother brownie brush	crab crash crayon creek crew crib cross crow crown crumb	dragon draw dream dress drill drink drive drop drum dry
FR blends 	GR blends 	TR blends 
frame freeze fresh friend fries frog from front frost fruit	grade grandma grapes grass gray green grill grip ground grow	trade train treat tree trick tricycle trophy trout truck truth