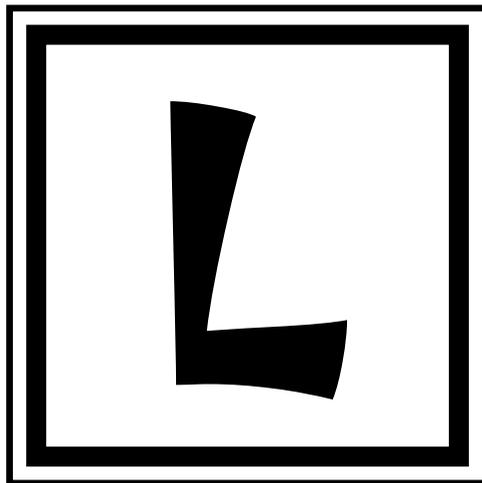


5-Minute Therapy

WHAT CAN YOU DO IN 5-MINUTES??

Materials for the 5-Minute Kids™ Program



VOLUME 3

5-MINUTE THERAPY SERIES

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

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

Copyright © 2009 5-Minute Kids™ LLC

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

READING LIST: INITIAL L WORDS ONE SYLLABLE

- | | | |
|-----------|-----------|-----------|
| 1. lab | 18. leak | 35. lint |
| 2. lace | 19. lean | 36. lit |
| 3. laid | 20. leap | 37. live |
| 4. lake | 21. learn | 38. load |
| 5. lamb | 22. leave | 39. loaf |
| 6. lame | 23. led | 40. loan |
| 7. lamp | 24. left | 41. lock |
| 8. land | 25. leg | 42. long |
| 9. lane | 26. lend | 43. loom |
| 10. lap | 27. let | 44. loop |
| 11. latch | 28. lick | 45. loose |
| 12. late | 29. lie | 46. loot |
| 13. laugh | 30. life | 47. lose |
| 14. law | 31. light | 48. love |
| 15. lay | 32. lime | 49. low |
| 16. lead | 33. line | 50. luck |
| 17. leaf | 34. link | |

READING LIST: INITIAL L WORDS MULTI-SYLLABLE

- | | | |
|--------------|------------------------|--------------|
| 1. lacy | 18. legend | 35. lip-read |
| 2. ladder | 19. Legos [®] | 36. lipstick |
| 3. lady | 20. lemon | 37. liquid |
| 4. lakeshore | 21. lemonade | 38. living |
| 5. Larry | 22. lengthen | 39. lizard |
| 6. lasso | 23. lesson | 40. loading |
| 7. later | 24. letter | 41. lobster |
| 8. laughter | 25. license | 42. locate |
| 9. lava | 26. licking | 43. locker |
| 10. lawyer | 27. lifeboat | 44. longest |
| 11. layers | 28. lifesaver | 45. looking |
| 12. lazy | 29. lifted | 46. loosen |
| 13. leader | 30. lighter | 47. lottery |
| 14. leaky | 31. lightning | 48. loving |
| 15. leaning | 32. limping | 49. lower |
| 16. leaping | 33. Linda | 50. lucky |
| 17. lefty | 34. lion | |

READING LIST: MEDIAL L WORDS

- | | | |
|----------------|--------------|---------------------------|
| 1. alike | 18. holler | 35. scaly |
| 2. alone | 19. hollow | 36. seller |
| 3. bowling | 20. holly | 37. selling |
| 4. calling | 21. jelly | 38. silly |
| 5. collie | 22. Kelly | 39. skeleton |
| 6. color | 23. kneeling | 40. stealing |
| 7. dollar | 24. melon | 41. Steelers [®] |
| 8. dolly | 25. Molly | 42. tailor |
| 9. elephant | 26. only | 43. taller |
| 10. feelings | 27. peeler | 44. tally |
| 11. fellow | 28. Phillip | 45. telephone |
| 12. filling | 29. pillow | 46. television |
| 13. gallon | 30. polish | 47. teller |
| 14. gallop | 31. polite | 48. tulip |
| 15. helicopter | 32. pulling | 49. valley |
| 16. hello | 33. sailing | 50. violin |
| 17. hilly | 34. sailor | |

READING LIST: FINAL L WORDS

- | | | |
|----------|-----------|-----------|
| 1. all | 18. fill | 35. pull |
| 2. ball | 19. full | 36. rail |
| 3. bell | 20. hail | 37. roll |
| 4. Bill | 21. heal | 38. sail |
| 5. bowl | 22. hill | 39. scale |
| 6. call | 23. jail | 40. seal |
| 7. coal | 24. kneel | 41. sell |
| 8. cool | 25. mail | 42. shell |
| 9. Dale | 26. mall | 43. small |
| 10. deal | 27. mile | 44. tale |
| 11. doll | 28. nail | 45. tall |
| 12. dull | 29. pal | 46. tell |
| 13. eel | 30. pail | 47. tile |
| 14. fail | 31. peel | 48. tool |
| 15. feel | 32. pile | 49. towel |
| 16. fell | 33. pole | 50. will |
| 17. file | 34. pool | |

RECURRING L WORDS

- | | | |
|-------------|----------------|----------------|
| 1. illegal | 18. level | 35. logically |
| 2. label | 19. liberal | 36. lollipop |
| 3. ladle | 20. lifeless | 37. loneliness |
| 4. Lancelot | 21. lifelike | 38. lonely |
| 5. landfill | 22. lifeline | 39. longingly |
| 6. landlady | 23. lightly | 40. loophole |
| 7. landlord | 24. likable | 41. loosely |
| 8. lanolin | 25. lilac | 42. loudly |
| 9. lapel | 26. lily | 43. lovable |
| 10. largely | 27. limelight | 44. lovely |
| 11. lastly | 28. linoleum | 45. loyally |
| 12. lately | 29. listless | 46. Lucille |
| 13. lawful | 30. literal | 47. luckily |
| 14. lazily | 31. little | 48. slightly |
| 15. legal | 32. livelihood | 49. slowly |
| 16. lentils | 33. lively | 50. volleyball |
| 17. lethal | 34. local | |

READING LIST: L-BLEND WORDS

- | | | |
|-----------|------------|------------|
| 1. blue | 18. flea | 35. plane |
| 2. black | 19. flat | 36. plow |
| 3. blow | 20. flip | 37. plank |
| 4. blast | 21. float | 38. play |
| 5. blend | 22. flash | 39. plant |
| 6. blink | 23. flower | 40. place |
| 7. bloom | 24. floor | 41. slap |
| 8. blank | 25. glide | 42. slow |
| 9. clock | 26. glue | 43. slide |
| 10. cloud | 27. glass | 44. slip |
| 11. clap | 28. glad | 45. sled |
| 12. close | 29. globe | 46. sleeve |
| 13. climb | 30. glow | 47. sleigh |
| 14. cling | 31. gloomy | 48. sleep |
| 15. cloth | 32. glance | 49. sliver |
| 16. clay | 33. please | 50. slick |
| 17. fly | 34. plate | |

READING LIST: INITIAL L PHRASES

1. **lie** down
2. **leave** now
3. **large** dog
4. another **letter**
5. down the **lane**
6. **learn** more
7. **leaky** faucet
8. not **like** her
9. a green **lizard**
10. baby **lamb**
11. in the **lake**
12. **leap** year
13. **loose** tooth
14. **let** go
15. new **Legos**[®]
16. **lean** over
17. **loaf** of bread
18. **laugh** at it
19. **left** hand
20. **lemon** tea
21. up a **ladder**
22. pretty **leaf**
23. **lime** green
24. **lucky** coin
25. carry a **load**

READING LIST: MEDIAL L PHRASES

1. in the **alley**
2. **yellow** shirt
3. good **balance**
4. **polite** boy
5. new **bracelet**
6. green **valley**
7. **follow** me
8. **Olympic** rings
9. favorite **color**
10. sing **alone**
11. **hilly** road
12. walk **carefully**
13. **taller** than I am
14. big **trailer**
15. **ugly** shoes
16. **ballot** box
17. **feeling** funny
18. **violin** music
19. young **sailor**
20. shoe **polish**
21. **telling** the truth
22. brand new **necklace**
23. **smaller** piece
24. **gallon** of juice
25. **fellow** student

READING LIST: FINAL L PHRASES

1. up the **hill**
2. white **sail**
3. do **well**
4. huge **bull**
5. **pill** box
6. **kneel** down
7. my best **pal**
8. at the **mall**
9. **cool** shades
10. **scale** the fish
11. hard **roll**
12. a brick **wall**
13. **small** kitten
14. **fall** down
15. **feel** good
16. **growl** at me
17. **tell** me
18. glass **bell**
19. in a **jail**
20. **pile** on top
21. on my **heel**
22. long **tail**
23. **fill** the bucket
24. sweet **smell**
25. good **deal**

READING LIST: L-BLEND PHRASES

1. **blooming** rose
2. wind **blown**
3. **blank** page
4. pretty **blouse**
5. pink **blanket**
6. **blink** of an eye
7. **closet** door
8. **click** on it
9. **clay** pots
10. broken **clock**
11. American **flag**
12. **fly** away
13. on the **floor**
14. **float** in the water
15. **flip** over
16. **glad** to know
17. huge **glaciers**
18. white **gloves**
19. on the **globe**
20. **glance** my way
21. **plate** of food
22. **plastic** jugs
23. a new **place**
24. **plant** the garden
25. **slick** roads

READING LIST: INITIAL L SENTENCES

1. I sent my **letters**.
2. I **love** to watch the birds.
3. She **laughed** at him.
4. My **lips** are chapped.
5. That **lady** is nice.
6. I **like** to read.
7. His pants were too **loose**.
8. He **lost** his front tooth.
9. **Last** night was fun.
10. I am **leaving** tomorrow.
11. How much is one **loaf**?
12. The **lobster** dug into the sand.
13. This **log** is too heavy.
14. Go jump in the **lake**!
15. What a pretty **leaf**!
16. The **lion** roared at me.
17. Is her name on the **list**?
18. The cat jumped on my **lap**.
19. Don't forget to turn off the **lights**.
20. Just turn **left**.
21. Jon studied his **lesson**.
22. That painting **looks** pretty.
23. **Lemons** are sour.
24. Spiders have eight **legs**.
25. Evan broke the **lamp**.

READING LIST: MEDIAL L SENTENCES

1. That is grape **jelly**.
2. He has one **dollar**.
3. Juan said **hello**.
4. His **balloon** burst.
5. Nina has **curly** hair.
6. The stump is **hollow**.
7. I found it in the **alley**.
8. It is **below** the chair.
9. Chris is good at **spelling**.
10. He wrote it **neatly**.
11. Our **family** is going on vacation.
12. It is a **really** great movie.
13. She used a soft **pillow**.
14. Spot's **collar** is too tight.
15. Tim's a nice **fellow**.
16. **Willie** runs fast.
17. The **telephone** rang.
18. That road is **hilly**.
19. The baby is **crawling**.
20. Don't be so **foolish**.
21. The snow was **piling** up.
22. They went **bowling**.
23. His **belly** hurts.
24. The birds are many **colors**.
25. The dog ran into the **alley**.

READING LIST: FINAL L SENTENCES

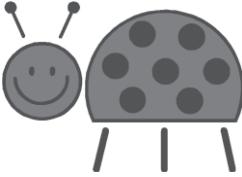
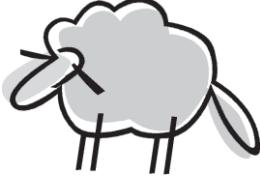
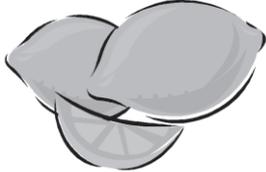
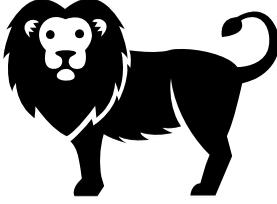
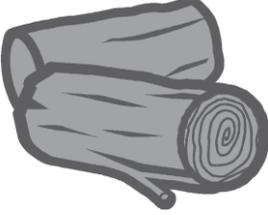
1. It **fell** down.
2. The cats **feel** soft.
3. **Tell** him what I said.
4. Use a new **pencil**.
5. Don't **pull** her hair.
6. Tina can **fill** your cup.
7. I **will** do it now.
8. How **tall** is that tower?
9. Would you **sell** your bike?
10. Be **careful** on the path.
11. The horse has a brown **tail**.
12. Shannon wants to **boil** the eggs.
13. Our house is for **sale**.
14. Pay this **bill** on time.
15. Try not to **spill** your drink.
16. What a huge **pile**!
17. We should **grill** the meat.
18. I saw the baby **seal**.
19. Is that the newest **style**?
20. **Smile** for your photo.
21. What is the **rule**?
22. Throw the **ball** to home base.
23. We should not **steal**.
24. He got the **mail**.
25. The dog ran up the **hill**.

READING LIST: L-BLEND SENTENCES

1. His **blue** shirt is nice.
2. My **blanket** is fuzzy.
3. His new car is **black**.
4. Fred picked some **blueberries**.
5. **Clean** your room.
6. Hunter **clapped** his hands.
7. **Close** the door.
8. I bought new **clothing**.
9. The **clock** was broken.
10. The **flowers** are pretty.
11. The **flag** was high in the air.
12. It was as **flat** as a pancake.
13. The birds were **flying** around.
14. Can you **float** in the water?
15. **Glide** across the ice.
16. Don't knock over the **glue**.
17. We wear **gloves** in the snow.
18. I am **glad** you are coming.
19. His new shirt is **plaid**.
20. **Plain** rice is best.
21. **Plant** some bushes there.
22. It is a **plastic** car.
23. The **plane** was in the sky.
24. Tad went down the **slide**.
25. The baby was so **sleepy**.

SPEEDY L 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.

		
LADDER	LADYBUG	LAMB
		
LAMP	LEAF	LEMON
		
LIGHTHOUSE	LIGHTNING	LION
		
LIPS	LIZARD	LOGS

NAME: _____

Date					
Number of correct words					



“ENVELOPE GAMES”

A selection of games and directions are 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 *Lobster* game the responses can be as follows:

- WORD: “Lobster”
- PHRASE: “A red lobster”
- SENTENCE: “I caught a lobster.”

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 ladybug is an insect.

WHAT DOES IT DO: A ladybug can fly.

WHAT DOES IT LOOK LIKE: The ladybug is round and red.

PARTS: The ladybug has six legs, black spots and antennae.

WHERE: A ladybug can be found on a flower.

WHAT DO I KNOW: I like to read books about ladybugs.

[Expanding Expression Tool](#): A Multi-sensory Approach for Improved Oral and Written Language
by Sara Smith (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 his/her 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 the 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.

LOOK OUT LOBSTER!

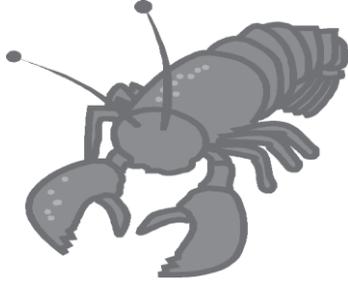
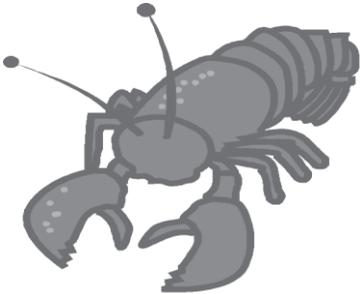
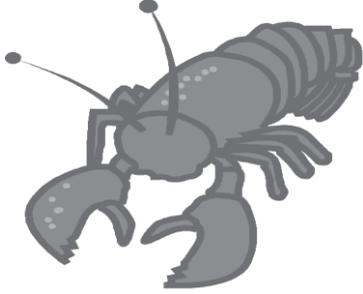
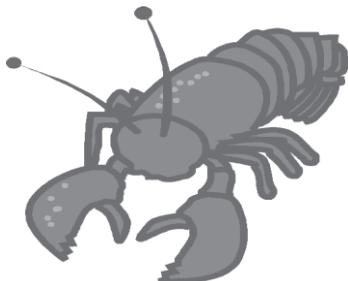
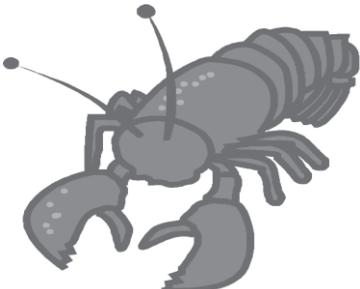
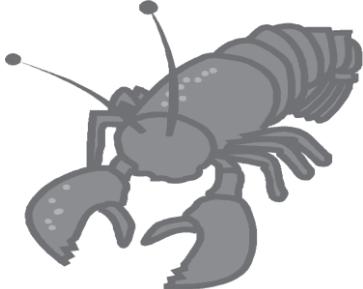
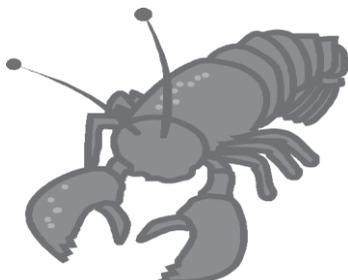
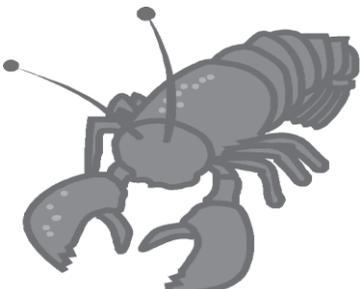
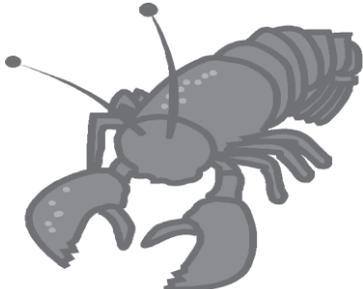
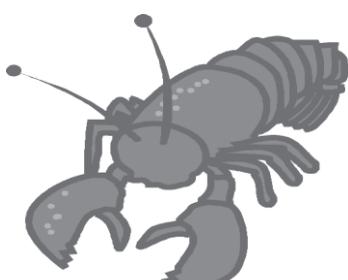
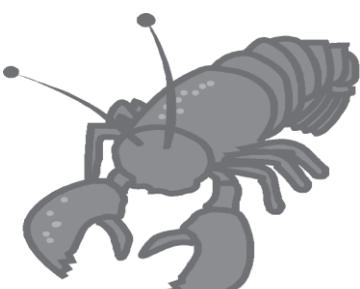
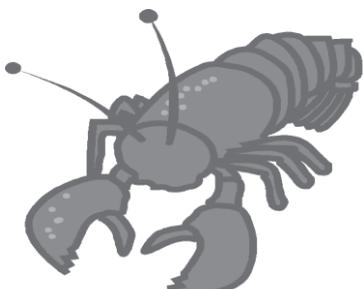


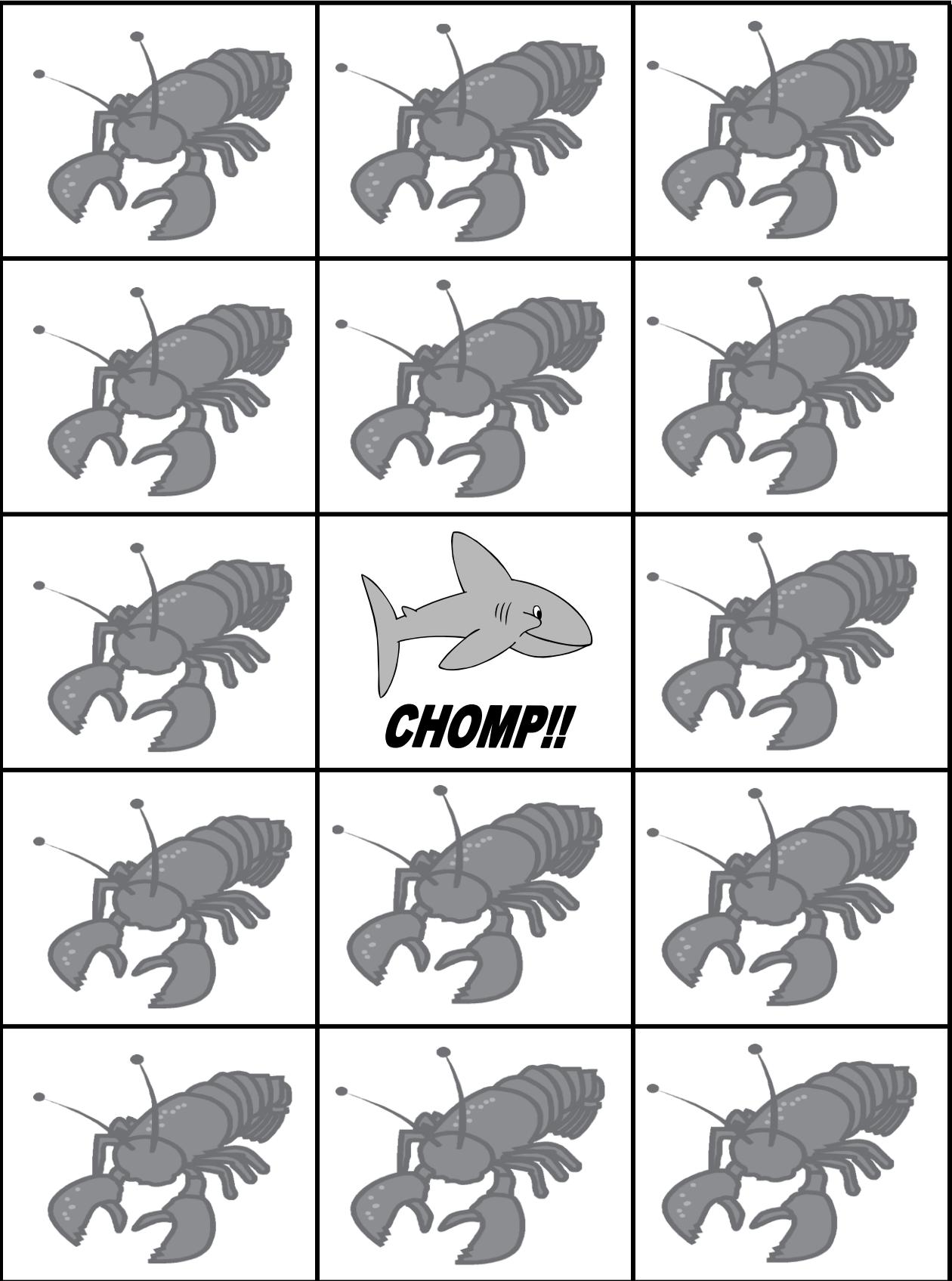
Directions: The student draws a card and describes the lobster using a word, phrase or sentence. The player who draws the SHARK card loses all lobsters and the game is over.

Suggested responses:

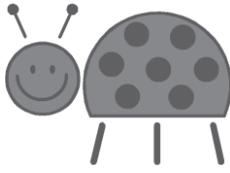
- **Word:** "Lobster"
- **Phrase:** "A red lobster"
- **Sentence:** "The lobster can pinch."

INITIAL L FINAL R



FLY HOME, LADYBUG!

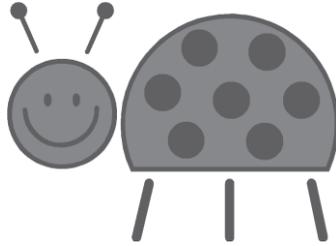
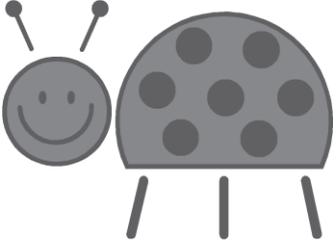
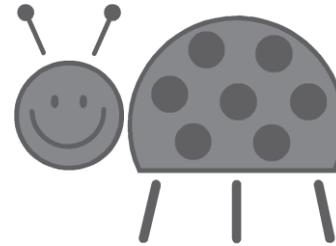
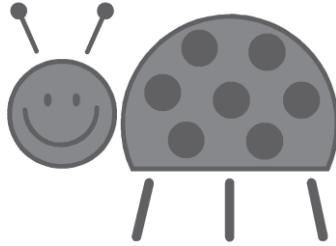
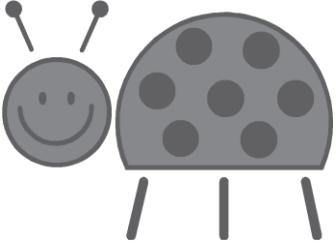
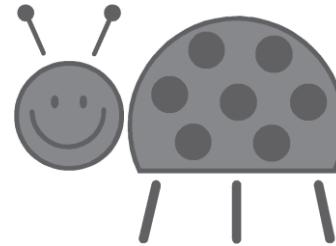
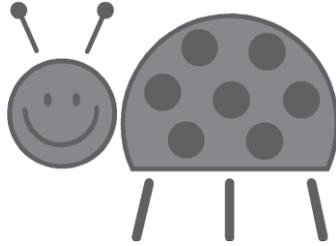
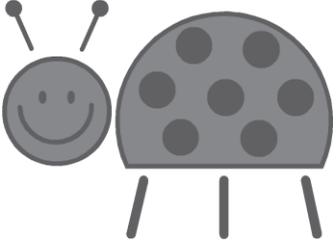
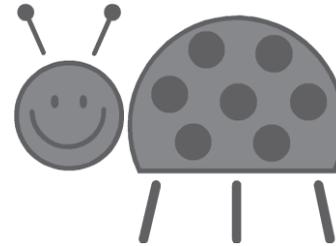
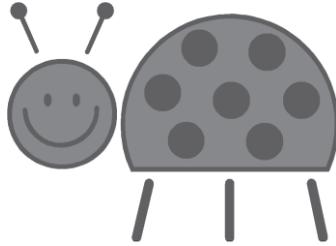
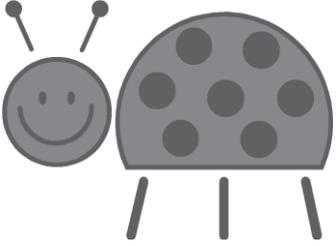
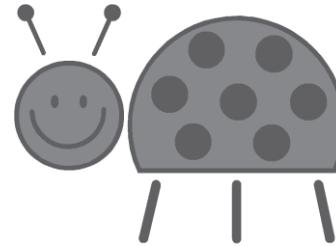


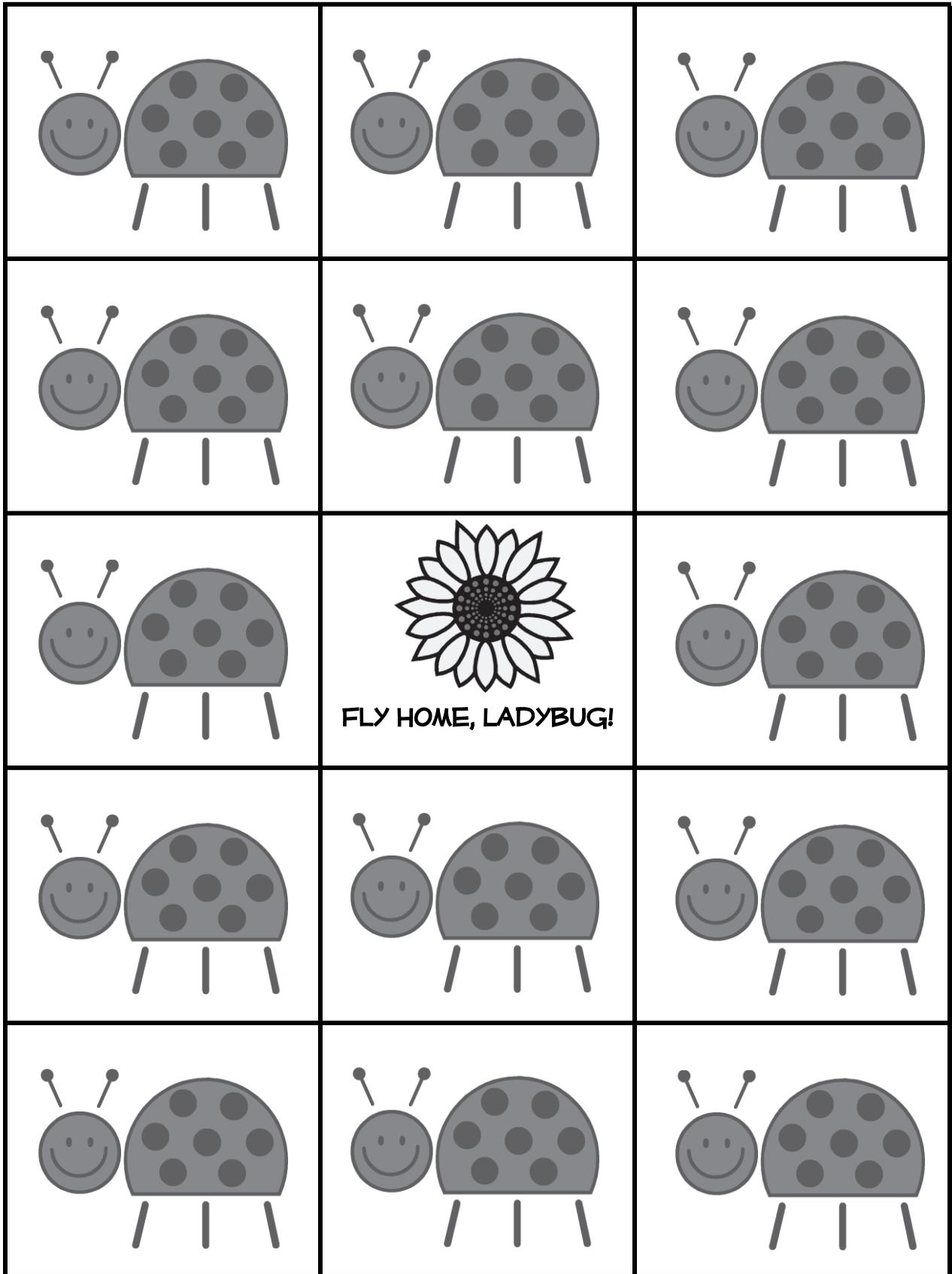
Directions: The student draws a card and describes the ladybug using a word, phrase or sentence. The player who draws the SUNFLOWER collects the ladybugs from the other players and wins the game.

Suggested responses:

- Word: "Ladybug"
- Phrase: "A cute ladybug"
- Sentence: "The ladybug has spots."

INITIAL L FINAL G



POP THE BALLOONS!

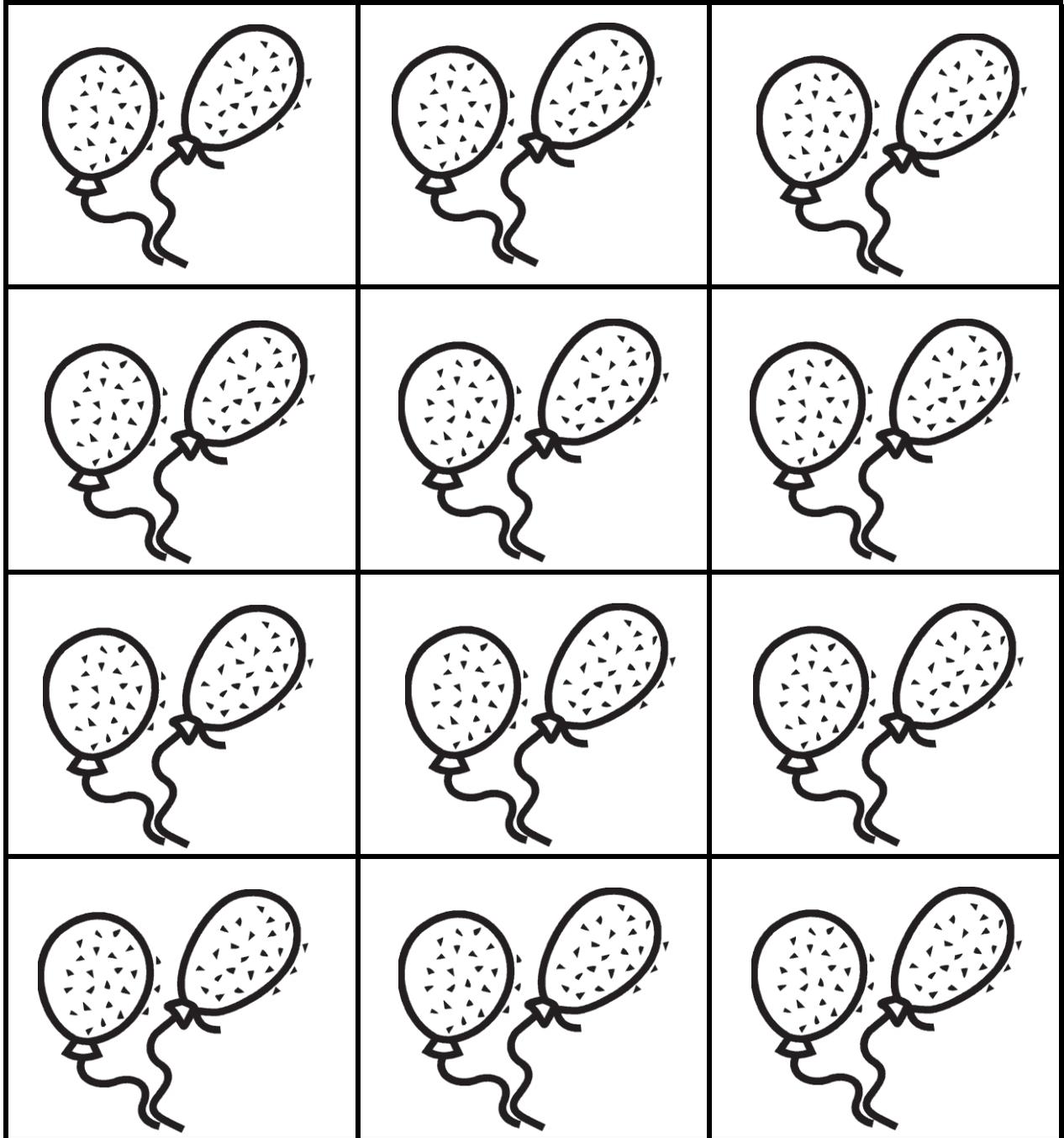


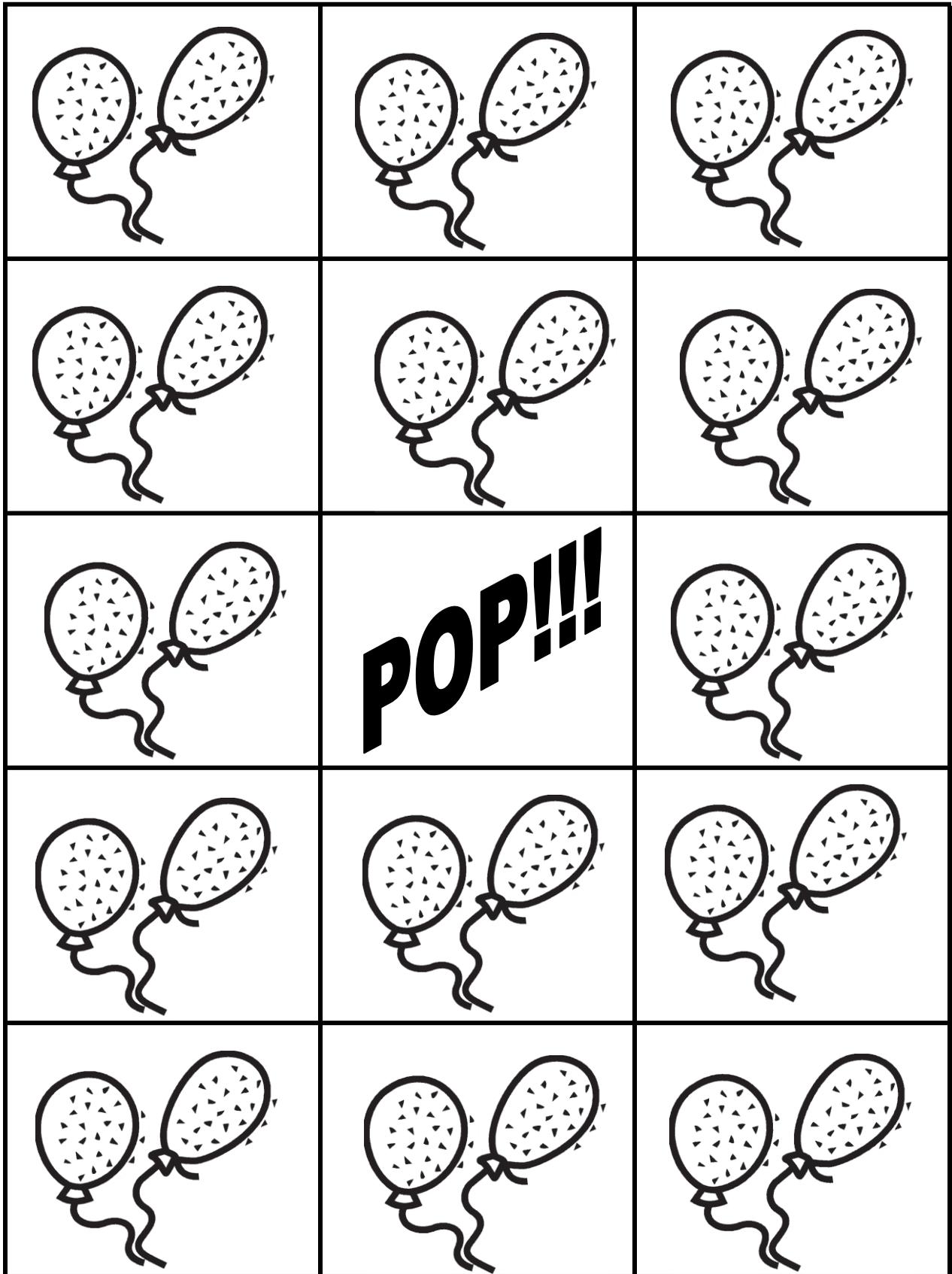
Directions: The student draws a card and describes the balloon using a word, phrase or sentence. The player who draws the POP card returns all balloons to the envelope.

Suggested responses:

- **Word:** "Balloons"
- **Phrase:** "Colorful balloons"
- **Sentence:** "The balloons flew away."

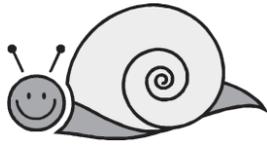
MEDIAL L





THE GREAT SNAIL RACE

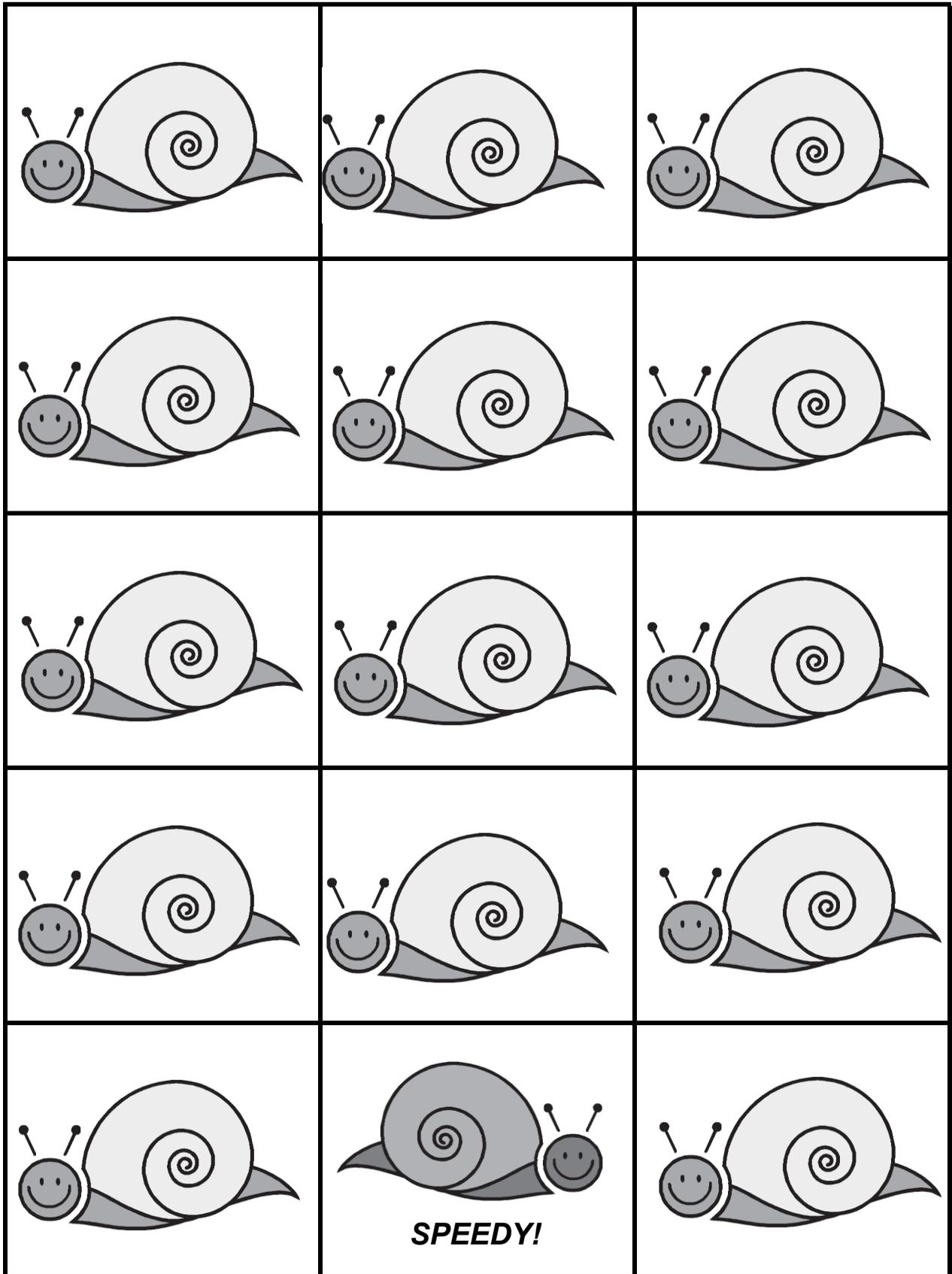
Directions: The student draws a card and describes the snail using a word, phrase or sentence. The player who finds SPEEDY snail wins the game.



Suggested responses:

- **Word:** "Snail"
- **Phrase:** "A slow snail"
- **Sentence:** "I have a pet snail."

SN BLEND FINAL L



STACK THE BLOCKS

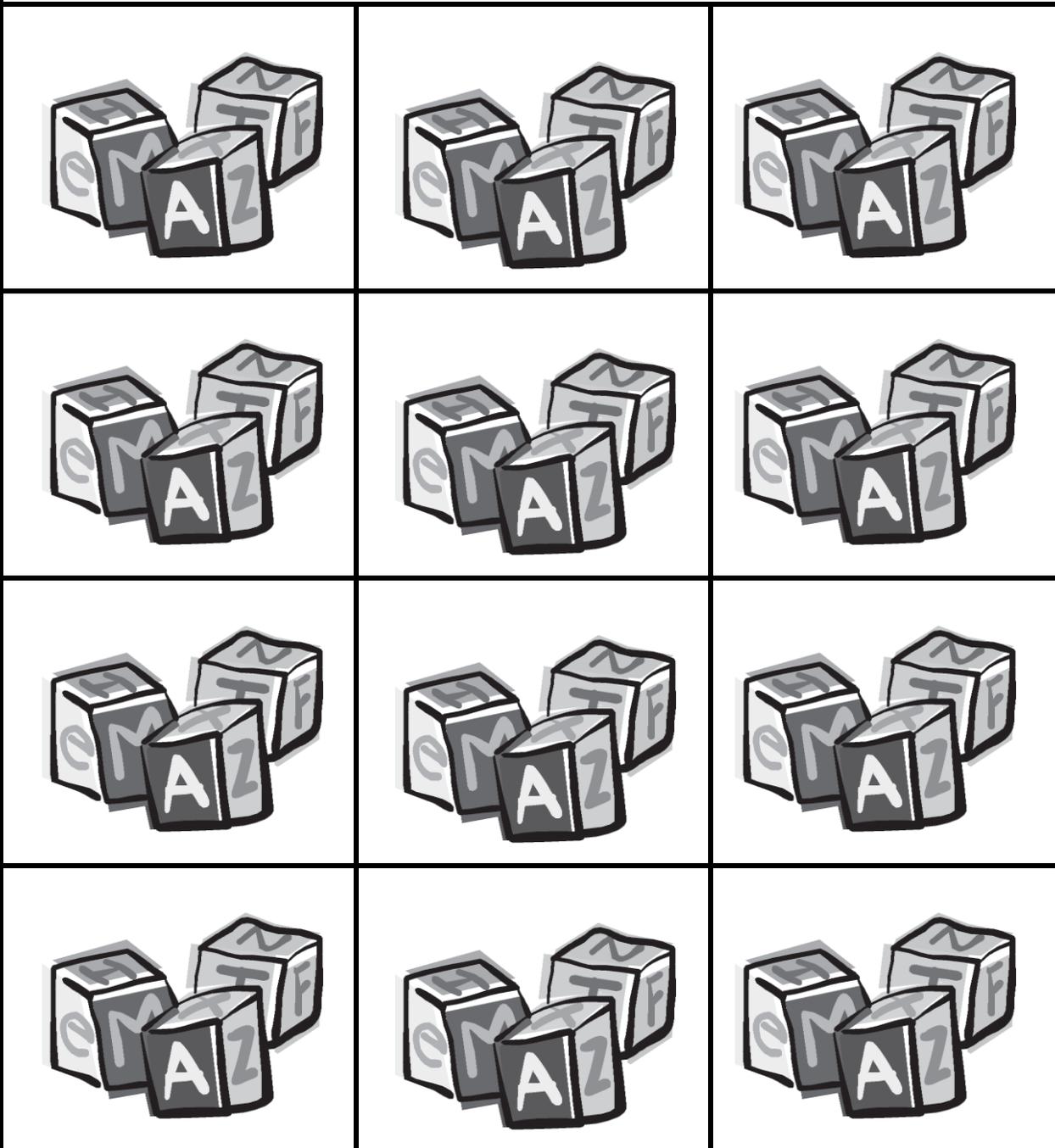
Directions: The student draws a card and describes the blocks using a word, phrase or sentence. The player who draws the CRASH card returns the block cards to the envelope and loses the game.

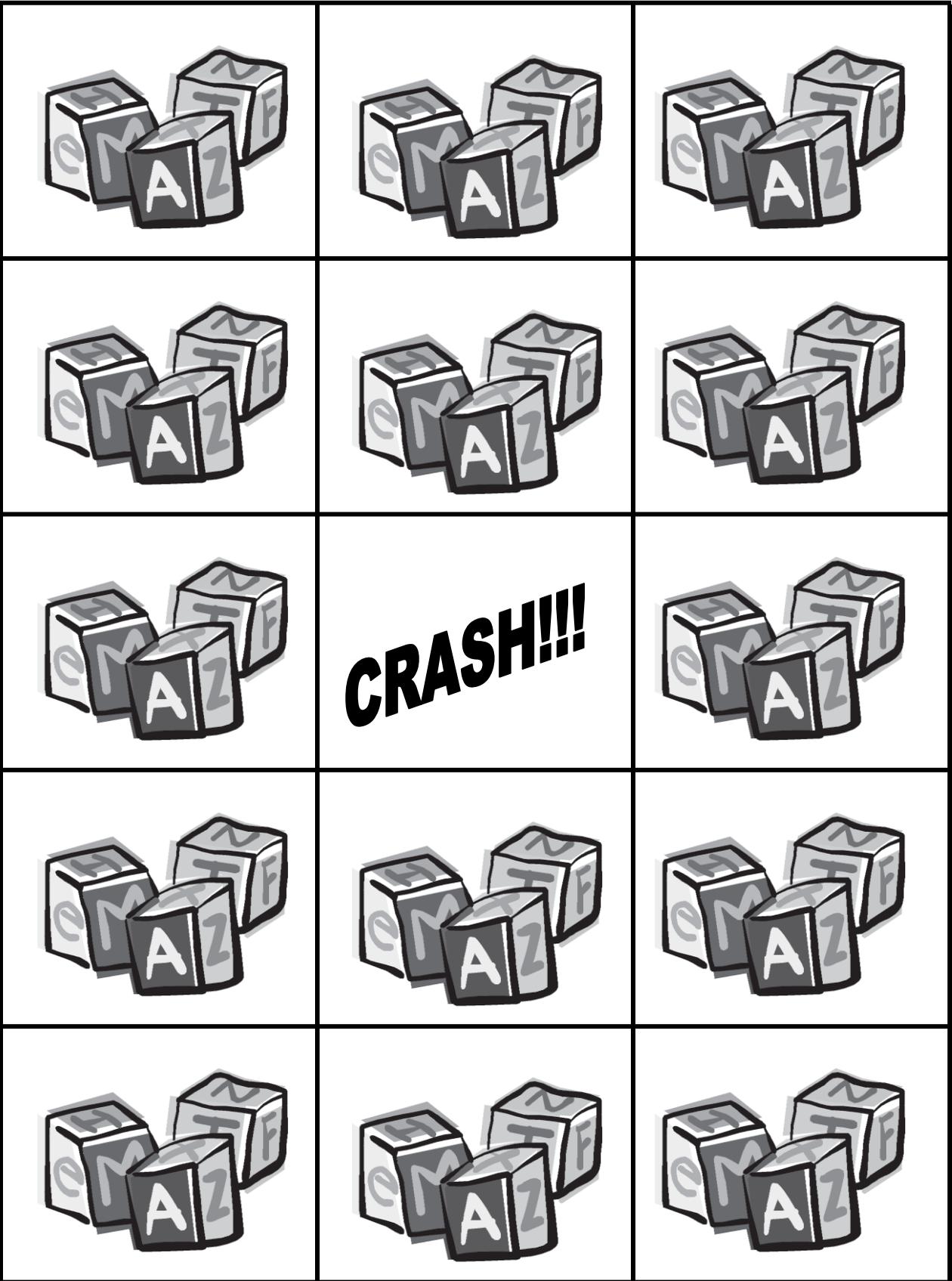


Suggested responses:

- Word: "Block"
- Phrase: "A blue block"
- Sentence: "Pick up the blocks and put them away."

INITIAL BL





FLOWER GARDEN



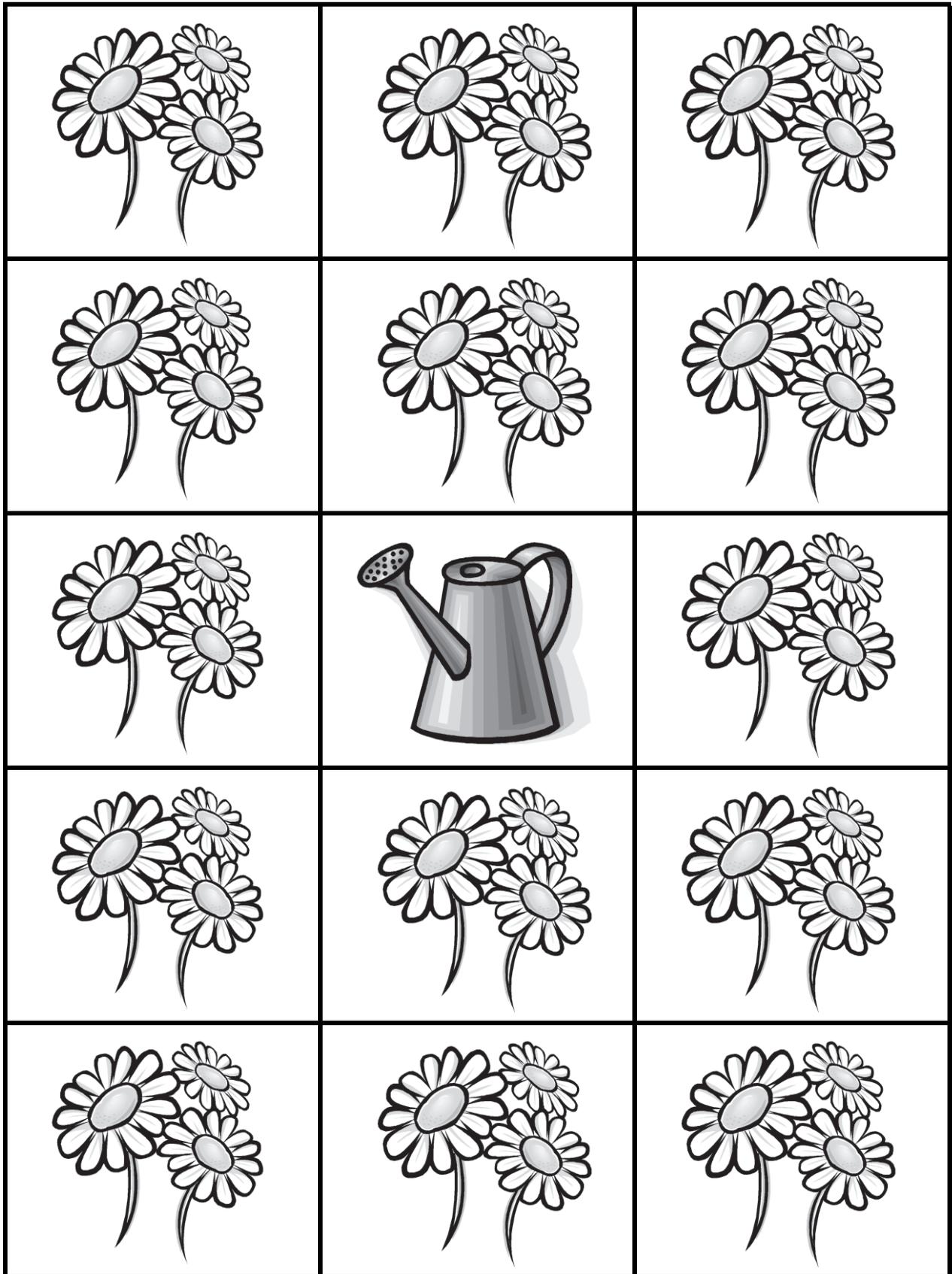
Directions: The student draws a card and describes the flower using a word, phrase or sentence. The player who draws the WATERING CAN wins the game.

Suggested responses:

- **Word:** "Flower"
- **Phrase:** "A pretty flower"
- **Sentence:** "We grow flowers in the garden."

INITIAL FL FINAL R



SPEECH BOOKMARKS

L Initial 	L Medial 	L Final 
lace lamb late leap led lid lime live long low	buffalo calendar celebrate dandelion elevator eleven following gasoline gorilla pelican	ball bell goal hill mole shell school spill tall tool
L Initial 	L Medial 	L Final 
ladybug laughing leaking lemon lighthouse lion listen lobby looking lotion	alive alley balloon bowling daylight elbow hello jelly polite tulip	baseball bottle hotel meatball shovel nickel snowball tadpole windmill table

SPEECH BOOKMARKS

BL blends 	CL blends 	FL blends 
<p>black blade bland blank bleach blink block bloom blow blue</p>	<p>clap clay climb clip clock cloth cloud clown club clue</p>	<p>flake flap flat flaw flea flip float floor flop fly</p>
GL blends 	PL blends 	SL blends 
<p>glad glance glare glass glide globe gloss glove glow glue</p>	<p>place plaid plane plant plate play please plow plug plus</p>	<p>slap sled sleep sleet sleeve slick slide slip slow sly</p>