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**Lesson Plan: Introduction to Speech and Language Therapy**

**Grade Level:** Secondary School (Ages 11-16)

**Subject:** Speech and Language Therapy

**Duration:** 1 Hour

**Lesson Objectives:**

By the end of this lesson, students will be able to:

1. Understand what speech and language therapy is and its importance.
2. Identify different types of speech and language disorders.
3. Learn about the role of speech and language therapists (SLTs).
4. Gain basic knowledge of common speech and language therapy techniques.
5. Develop empathy and understanding for individuals who may need speech and language therapy.

**Materials Needed:**

* Whiteboard and markers
* Handouts with information about speech and language therapy (optional)
* Short video clips (optional)
* Worksheet for group activity (optional)

**Lesson Outline:**

**1. Introduction (10 minutes)**

* **Start with a Question:** "What do you think of when you hear the term ‘speech and language therapy’?"
* **Discussion:** Briefly talk about speech and language therapy, explaining that it helps people with speech, language, communication problems and eating/drinking difficulties.
* **Key Concepts to Introduce:**
  + Speech: The production of sounds and words.
  + Language: The system of communication, including vocabulary, grammar, and sentence structure.
  + Communication: The process of exchanging information.
  + Eating and drinking difficulties - dysphagia
  + Therapy: Treatment to help improve or restore abilities.

**2. Understanding Speech and Language Disorders (15 minutes)**

* **Who do Speech and Language Therapists work with:**
  + **Speech Disorders:** Stuttering- Stuttering is a speech disorder characterized by repetition of sounds, syllables, or words; prolongation of sounds; and interruptions in speech known as blocks. An individual who stutters exactly knows what he or she would like to say but has trouble producing a normal flow of speech.
  + Articulation disorders – difficulty articulating sounds and forming words, voice disorders
  + - Voice disorders are conditions that affect the way someone's voice sounds, such as hoarseness, breathiness, or a loss of voice. They can stem from various causes, including how you use your voice, lifestyle factors, medical conditions, and even neurological issues.
  + **Language Disorders:** Aphasia- Language difficulties following a stroke, developmental language disorders.
  + **Communication Disorders:** Autism spectrum disorder, social communication difficulties.
* **Video or Case Study:** Show a short video clip or describe a case study of someone with a speech or language disorder. [Communication tips after a stroke](https://www.youtube.com/watch?v=-qRfvk1NzQE) [Lily Farrington's Amazing Developmental Language Disorder Animation](https://www.youtube.com/watch?v=rwOfkj0dj_0)
* **Group Discussion:** Ask students how they think it would feel to have trouble speaking or understanding language. What kind of support might help?

**3. Role of the Speech and Language Therapist (10 minutes)**

* **Discussion:** Explain the role of a speech and language therapist.
* [Speech and language therapy | RCSLT](https://www.rcslt.org/speech-and-language-therapy/) who SALT work with and where?
  + Conduct assessments to diagnose speech and language disorders.
  + Develop treatment plans to address specific needs.
  + Help with speech, language, and communication skills in various settings.
  + Assessing eating and drinking
* **Activity:** In pairs, students create a list of what skills or qualities they think a speech therapist might need (e.g., patience, good communication, problem-solving).
* **Share with the class:** Discuss the answers and reinforce key qualities.

**4. Speech and Language Therapy Techniques (10 minutes)**

* **Explain Basic Techniques Used in Therapy:**
  + Articulation Therapy: Helping with pronunciation and clarity.
  + Language Therapy: Working on vocabulary, sentence structure, and comprehension.
  + Social Communication Therapy: Enhancing conversational skills and social interactions.
* **Interactive Activity:**
  + **Interactive practice –** split the students into groups. Play a game like charades where someone has to ask for something but only allowed to use gesture, no spoken words. Reflect on what other communication skills are used

**5. Empathy and Understanding (10 minutes)**

* **Discussion:** Talk about why it's important to be patient and understanding with people who have speech or language challenges.
* **Reflection Question:** How would you help someone who has trouble speaking or understanding language in school or at home?
* **Empathy Exercise:** Encourage students to share thoughts on how to support someone with speech and language challenges in a positive and respectful way.

**6. Wrap-up and Q&A (5 minutes)**

* Recap key points covered in the lesson.
* Allow time for students to ask any questions they may have about speech and language therapy.
* Encourage students to think about how they can contribute to making their community more inclusive for people with communication difficulties.

**Extension Activities/Homework:**

1. **Research Project:** Have students research a specific speech or language disorder and create a short presentation or report about it.
2. **Interview a Speech Therapist:** Encourage students to interview a local speech and language therapist (or guest speaker) to learn more about the field.

For Further information please contact

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