



iLs Expressive Language Script - All

Intro Mouth Noises	p 2-4
1 - Children's Songs	p 5-6
2 - Vocal Production	p 7-14
3 - Repeating Words	p 15-24
4 - Sibilants	p 25-35
5 - Repeating Phrases	p 36-42
6 - Tongue Twisters	p 43-49
7 - Auditory Memory	p 50-56
8 - Filtered Words	p 57-62
9 - Auditory Figure Ground	p 63-65
10 - Dichotic Words – Left	p 66-70
11 - Dichotic Words – Right	p 71-75

© The enclosed training materials are copyrighted by Integrated Listening Systems and may not be copied, reproduced or distributed without express written permission.

Mouth Noises – Introduction to Using the Microphone (for young children)

Total Time – 05:37

00:00 – Now, let's make some noises. That's pretty much what speech is anyway, but these will be different. Sometimes I'll ask you to do things with your mouth, your tongue and your lips, and we'll see what comes out.

00:16 – Here we go. The first posture is called a purse. Funny name, when you put your lips, you round them as if blowing out a candle or kissing like this, *KISSING NOISES*. That's a sound that we make with our mouth *KISSING NOISE*. And if you blow out air at the same time with your throat, you would get "ŭ". Sometimes when your teeth come to your lower lip, and you suck in you can go, *SUCKING NOISE*. Kind of sounds like a kiss, but it's a different one. If you were to stick your tongue in between your lips and blow out, *BLOW OUT NOISE*, you get that sound. I hope it makes you laugh!

01:05 – Again, if you put your tongue in between your lips and blow out you get, *BLOW OUT NOISE*. And if you were to make your throat make a noise you would get, *BLOW OUT NOISE*. When I say making your throat make a noise, that means creating a vibration. Put your hand on your throat right now, and say "AHH". You feel the vibration?

01:31 – The next noise we can try is a tongue click. Your tongue is up against the ridge behind your teeth, *TONGUE CLICK NOISE*. That's your tongue clicking against the top of your mouth, *TONGUE CLICK NOISE*. There is another tongue click.

Here's a noise, *TONGUE BLOW OUT NOISE*. Make that noise. *TONGUE BLOW OUT NOISE*. That's your tongue coming through your lips and blowing out.

02:10 – Here's another noise, see if you can make this one, *TONGUE CLICK NOISE*. That's where the air is coming through the sides of your tongue, *TONGUE CLICK NOISE*. Here's another sound *SMACKING NOISE*. That's your lips coming together really hard and then releasing, *SMACKING NOISE*. The same posture, the same lip pose when you blow out is, *BLOW OUT NOISE*.

02:47 – There are other noises that can sound like words, they are what build words. One of them has a big explosion to it. You put your lips together and go “PA”, “PA”. You can hear that. Go ahead and let the air build up behind your lips “PA”, “PA”. This time use your tongue. You may recognize this sound, “TA”, “TA”. And then we're going to go to the back of the tongue, “KA”, “KA”. There's a little exercise we can do to put them all together, “PA”, “TA”, “KA”. Then we'll go faster, “PA”, “TA”, “KA”
REPEAT 3X.

03:40 – And then you can go faster, “PA”, “TA”, “KA” *REPEAT 6X*. Now we're going to do another sound using our lips, “MMM”, as in humming. So the first sound will be “MA”. The next sound will be “MAY”, “ME”, “MO”, “MOO”. Each “M” sound has a different musical sound to it. Let's put them together, “MA”, “MAY”, “ME”, “MO”, “MOO”. Again, “MA”, “MAY”, “ME”, “MO”, “MOO”. Notice how the lips are moving from wide to real shut down. It's a nice feeling.

04:41 – Here’s an exercise where we can really stretch out our mouth. You know it well probably, “How Now Brown Cow”. Let’s do it again, “How Now Brown Cow”. Really open your mouth nice and wide one last time. You can say it however you want, “How Now Brown Cow”.

05:16 – Now it’s time to practice your own sounds. Have a lot of fun moving your mouth around making noises. Anything from “SSS” to “POPS”, and take the next few minutes to experiment with your voice and the way your mouth moves, and the different sounds that you make.

Children Songs

1 - Now let's sing our ABC's

ABC Song

2 - Hello, now that you've been listening, it's time to be expressive. The material selected is relatively easy and familiar to allow you to pay attention to your voice. Please experiment playfully. These exercises will let you listen to your voice in new ways. It is most important to have fun.

Here are a few songs to start with.

Row, Row, Row Your Boat

That was great! Here's another one

3 - Twinkle, Twinkle Little Star

Great! Here comes another one!

4 – This Old Man

Fantastic! The next one is about ants and marching.

5 – Ants Go Marching

6 – Here is a song where you switch the vowels. It's fun!

I Like To Eat

Let's repeat that.

Now we'll sing the following choruses, but switching the vowels. Have fun!

Next is "E".

You may know the next one, “I”.

“O”

Just like “O”, “U” is a great time to practice your lips sticking out. Here we go.

Here comes the chorus.

7 - Please join in with more songs now.

This Land Is Your Land

Let’s do the chorus again.

Here’s the chorus.

8 – Ants Pants and Specs

Let’s do the chorus again.

Again.

9 – Here’s a song that goes with sports. Sing along with me.

Take Me Out To the Ballgame

That was fun!

Vocal Production: Humming 1

Total Time – 00:13:17

00:00 - By the time you have reached this point, it is highly likely that both your hearing and your listening have shifted significantly. It is likely that your voice has been undergoing shifts as well. And this part of your program is to help you integrate those shifts in a conscious and fully experience way. One of the important elements that distinguish humans from other members of the animal kingdom is the use of phonation as the primary communicative expression.

00:30 - While it is clear that other animals learn to understand spoken language, it is important to know that the activity of speech and the development of a spoken language have never arisen in animals, even though some can be taught to communicate with humans through sign language. From this we might conclude that becoming fully human, in the very best sense, has something to do with phonation. Both how we use the voice and how we receive the voices of others around us.

01:02 – Through the listening exercises you have been doing, you have been leaning to listen with new clarity and focus. Your work in this phase will help you learn to bring those same elements to your phonation. For most people, speaking happens as a fairly unconscious experience. The sounds that come out of the mouth are largely reflective of the perceptions from childhood of speech patters, word sounds, breath usage, reflections, colloquial expressions and cultural habits of the early environment.

01:37 – Clearly, most of these awareness factors reside beneath the conscious level. Our intention in the expressive phase of your program is to help you bring phonation to a fully conscious level. As you learn to pay attention to both how you use your voice and what you are saying, you will find that the changes you have already achieved in your listening, and hearing and speaking will continue to grow and will be made manifest in your perceptions and interactions with the world around you.

02:11 – We are going to begin with learning how to make conscious sounds. This means you will practice listening to your own voice. We'll start with sounds that draw your attention inward and help you get a sense of your own voice in your body. Your

vocal cords could be compared with the strings on a violin or cello. While you can make a cello or violin string vibrate by itself, the results are really not something you would go to a concert hall to experience. In fact, you would find the sound flat and unappealing. It takes the body of the violin or cello to create the resonate frequencies which make each instrument unique and allow what we call “music” to occur.

02:59 – In the orchestra, you’ll not only find string instruments but wind instruments and instruments of percussions as well. Your voice is a miraculous combination of all these, while the vocal folds vibrate to produce sound much like string instruments you set them vibrating by adding wind, or breath, to get the sound. In language, however, whenever you use a glottal shock, and that’s this, *COUGHING NOISE MADE*, you have used your voice as a percussion instrument. In short, you have a kind of mini orchestra right there in your own body.

03:40 - To create sound consciously, we will begin with the most basic of sounds, the hum. Since it requires no vowels, it is made with the lips closed, the jaw relaxed and the teeth not touching. The hum itself requires only two sounds, the “H” and the “M”. It is made while expelling breath so that it feels and sounds like a sigh, only instead of sliding downward in pitch simply sustain one pitch like this, *EXAMPLE HUM*.

04:27 – Try it with me, let’s try it three times, *HUMMING 3X*.

04:57 – Now to get the entire body involved in a hum, sit up nice and straight with your back away from the back of the chair; both feet should be flat on the floor. Relax your shoulders and tilt your chin slightly down and slightly in, pulling it ever so slightly towards your body. Not so much as to create tension in your neck or throat, but enough to make sure your chin is not sticking out from your body, nor your neck protruding. Make sure there is a slight sway in your lower back, and notice that this sway, when it’s there, makes it easy to keep your spine erect, but you stay relaxed. Holding this posture let’s hum together once again, making a full breath sound, *HUMMING 5X*.

06:42 – We’re you able to relax while you hummed? Did you feel a buzzing sensation in your face while you were humming? Did it continue for a few seconds after ceasing to hum? Let’s try it again, and this time pay particular attention to what you feel as you hum, *HUMMING 5X*.

07:55 – Take a moment now to notice what has happened in your body. Is your face more or less relaxed than when we began? Could you feel the vibration of your voice in your eyes, in the bones and flesh of your face? How about in your chest? Let’s do it again while you pay attention to all of the places in your body where you are able to feel your own voice vibrating. Straighten your back, shoulders are relaxed and down, lips together, jaw relaxed, teeth apart, *HUMMING 5X*.

09:29 – Humming should help you relax. This is a good exercise to do when you are going to sleep. Let the sound vibrations of your own voice penetrate into all your tissues, freeing them of held stress and even calming your mind. Now let’s add a sigh that uses several pitches. In this exercise, I’ll do a sigh to which you listen; then, you repeat back the same sigh you heard me do.

10:00 – First I’ll sigh through descending pitches, and then we’ll do some ascending sighs. Remember to start each sigh with a good “H” sound. Keep your lips together, lips apart and with a relax jaw do this, *DESCENDING SIGHS 5X*.

11:12 - Now we’ll do some ascending sighs, *ASCENDING SIGHS 5X*.

12:06 – Now let’s try some ascending and descending sighs, *ASCENDING/DESCENDING SIGHS 5X*.

Vocal Production: Humming 2

Total Time – 00:06:51

00:00 – Today we will work with combining everything you have learned about creating conscious sound with changing pitches. By now, if you are doing your practice at home, you should be gaining some new appreciation for this whole process we call phonation. You may be learning that you have the capability to calm, soothe, relax and even energize your body and your mind through the vehicle of your own voice. As we continue our work together, that appreciation will also continue to grow.

00:35 – Have you begun noticing a difference in the way you use your voice to speak? Are you hearing more in the vocalizations of others? Are you finding the activities of speaking, laughing, singing and even listening more connected to your own center? Hopefully, you are beginning to experience some sheer awe, as you contemplate the wonder of the voice and all it can convey.

01:04 – What is communicated in a groan of pure grief? Now how is that different than a groan of exasperation? When you groan, where do you feel it most in your body? In this lesson, you will get to use both the hum that you previously used as well as the vowel sounds we've worked on. Simply listen to the example I sing for you and repeat it back.

01:36 – The first exercise will simply be matching a single pitch. At this time straighten your posture, relax your shoulders, keep both feet flat on the floor, relax your jaw, listen, breathe and repeat, *HUMMING WITH BREAKS TO REPEAT 18X*.

Vocal Production: Toning With Vowels

Total Time – 08:37

00:00 – Next we'll add the “e” sound, as in the word “Street”. In saying this vowel however, we want to use our mouths in a different way. Well it's somewhat foreign to spoken American English. As you make the “e” sound, purse your lips out in a forward position and make sure the tip of your tongue rest against the backside of your lower teeth. This position gives the “e”, or “eee” more sound depth and more resonance.

00:35 – First let's just try making this kind of an “e” sound, *MAKING “E” VARIOUS SOUNDS 4X.*

01:02 - Good. Check your posture again and repeat these patterns of sounds after me, *MAKING “E” VARIOUS SOUNDS WITH BREAKS, TO REPEAT 5X.*

02:21 – How did that one feel in your body? Some people find that the “e” sound has an energizing or invigorating effect on their body and even their brain. Did you? In fact, if you ever happen to be driving and you're tired and sleepy in the car, practice making the “e” sound. For more energy, sing it higher. Finally we will add the “ě” sound, as in the word “egg”. Sit up straight, feet on the floor, jaw relaxed, and shoulders down and repeat these sounds as nearly like me as you can, *“ě” SOUNDS WITH BREAKS, TO REPEAT 5X.*

04:18 – For our final exercise in this lesson, we are going to practice saying each of the five vowels that you learned in school – a, e, i, o and u. But because we don't want the glottal shock on the “a” or the “e”, we are going to elide those sounds so that they come out something like this, *EXAMPLE OF A, E, I, O, U SOUND 1X.*

04:50 – Once again, I am going to sing the vowel sounds to you. Sitting up straight and listen carefully, try to repeat back the same kind of sound you hear me make, *MAKING VARIOUS A, E, I, O, U SOUNDS 8X*.

07:53 – This concludes lesson two. Again you may want to stay for a few moments and practice listening to your voice, trying to feel the vibration moving through your entire body. Pay particular attention to how the different vowels feel in your body. And don't forget to get the most from this part of your training; it's a good idea to practice for ten to fifteen minutes at home everyday. This will help you speed up your learning process, and it will also help you get to find out how fascinating and interesting your own voice is. Happy humming and keep on singing!

Vocal Production: Intervals 1

Total Time – 06:12

00:00 – Take a full breath, relax, and notice what you are feeling in your body.

Next we will begin to explore the relationship of two pitches. This relationship is called an interval. The first interval we will create is the Major 2nd. So check your posture, then simply listening and repeat, *VARIOUS MAJOR 2nds WITH BREAK FOR REPEAT 6X*.

01:42 – Now let's repeat that pattern, but put it in a different key. Listen and repeat, *VARIOUS MAJOR 2nds WITH BREAK FOR REPEAT 6X*.

02:57 – Now another pattern using the interval also of the Major 2nd, *VARIOUS MAJOR 2nds WITH BREAK FOR REPEAT 6X*.

04:37 – Let's do that on in a different key, *VARIOUS MAJOR 2nds WITH BREAK FOR REPEAT 6X*.

Vocal Production: Intervals 2

Total Time – 04:19

00:00 – The next interval we will sing is called a 3rd. You will notice that the sound distance between the two pitches is just a little wider than that of the 2nd. The musical scale contains two kinds of thirds, major and minor. Don't worry at this point which is which, just try to get the feel of the difference between a 2nd and a 3rd.

00:29 - *VARIOUS 3rds WITH BREAK FOR REPEAT 18X*

03:51 – See if in your practice at home you can remember the sound and the feel of these intervals. Then see if you can recognize them when you listen to music from the radio or your own sound system. See also if you can find these intervals occurring in the flow of natural speech patterns you share with family and friends. You might be surprised at what you discover.

**Repeating Words:
Single Words with Carrier Phrase – Track 1
Total Time – 06:33**

Say the word –

00:00 – Knob, Mouse, Paste, Teeth, Cord, Fly, Flip, Dark, Noise

01:03 – Neck, Flag, Surf, Bread, Cup, Wash, White, Swing

02:01 – Board, Book, Vase, Coat, Stripe, Frog, Disk, Sharp

03:02 - Wave, Tall, Drum, Pen, Tape, Song, Down, Bird

03:58 – Look, Far, Shut, Hall, Drink, Wheel, Paste, Bee

04:57 – Desk, Egg, Box, Arm, Show, Knife, Stair, Song

05:55 – Chair, Kite, Dog, Shoe, Book

**Repeating Words:
Single Words with Carrier Phrase – Track 2
Total Time – 05:39**

Say the word –

00:00 – Cat, Slime, Mail, Firm, Close, Went, Miss, Grave

00:55 – Bird, Seal, Card, Sense, Start, Drank, Share, Lock

01:52 – Are, Hands, Chair, Flare, Owes, Five, See, Nails, Ache

02:58 – Brand, Skin, Bat, Coat, Owl, Shove, Shell, What, Dot

04:01 – Serve, Ears, Sit, Like, Bells, Free, Door, Knees

04:58 – Bells, Fork, Horse, Surf, Star

Repeating Words
Single Words without Carrier Phrase – Track 1
Total Time – 04:06

Say the word –

00:00 – Cat, Slime, Mail, Firm, Close, Went, Miss, Grave, Bird, Seal, Card, Sense

01:02 – Start, Drank, Share, Lock, Are, Hands, Chair, Flare, Owes, Five, See

01:58 – Nails, Ache, Brand, Skin, Bat, Coat, Owl, Shove, Shell, What, Dot

02:55 – Serve, Ears, Sit, Like, Bells, Free, Door, Knees, Bells, Fork, Horse

03:53 – Surf, Star

Repeating Words
Single Words without Carrier Phrase – Track 2
Total Time – 04:42

Say the word –

00:00 – Knob, Mouse, Paste, Teeth, Cord, Fly, Flip, Dark, Noise, Neck, Flag

00:57 – Surf, Bread, Cup, Wash, White, Swing, Board, Book, Vase, Coat, Stripe, Frog, Disc

02:04 – Sharp, Wave, Tall, Drum, Pen, Tape, Song, Down, Bird, Look, Far

03:02 – Shut, Hall, Drink, Wheel, Paste, Bee, Desk, Egg, Box, Arm, Show

03:58 – Knife, Stair, Song, Chair, Kite, Dog, Shoe, Book

Repeating Words
Animals 1 and 2 Syllables
Total Time – 05:25

00:00 – I'm going to say some words to you, and I want you to repeat these words exactly as I say them.

00:09 – Cow, Duck, Dog, Goose, Cat, Horse, Lamb, Goat, Bird, Hen, Pig

01:00 – Quail, Deer, Hawk, Snake, Bats, Fox, Elk, Skunk, Calf, Mule, Wolf, Bear

01:58 – Shark, Trout, Bull, Fish, Moose, Wasp, Fly, Shrimp, Lizard, Giraffe, Monkey, Swallow, Badger

02:59 – Cougar, Eagle, Tortoise, Spider, Beetle, Squirrel, Insect, Beaver, Kitty, Vulture, Aardvark, Screech Owl, Larva

04:02 – Pony, Queen Bee, Donkey, Salmon, Dolphin, Porpoise, Reindeer, Penguin, Falcon, Python, Otter, Zebra

05:00 – Pigeon, Rabbit, Mammoth, Lobster, Sphinx Moth

Repeating Words
Animals 3 and 4 Syllables
Total Time – 04:39

Say the word –

00:00 – Guinea Pig, Elephant, Gorilla, Roadrunner, Centipede, Scorpion, Ladybug, Woodpecker, Baby Chick, Honeybee, Butterfly, Rattlesnake

00:59 – Prairie Dog, Chimpanzee, Grizzly Bear, Box Turtle, Killer Whale, Slippery Seal, Mosquito, Halibut, Billy Goat, Caribou, Polar Bear, Flamingo

01:59 – Antelope, Buffalo, Octopus, Angel Fish, Hippopotamus, Alligator, Salamander, Orangutan, Kangaroos, Tarantula, Rhinoceros, Water Buffalo

03:02 - Saber Tooth Tiger, Boa Constrictor, Saint Bernard, Fire Flies, Manatee, Crustacean, Gila Monster, Arabian Horses, Canadian Geese, Mountain Lions

03:58 – Irish Sheepdog, Rocky Mountain Big Horn Sheep, Exotic Wildlife, Creatures of the Night, Animalistic Behavior, A Visit to the Zoo

Repeating Words
Body Parts 1 Syllable
Total Time – 03:18

00:00 – Now we will repeat words that are parts of our bodies, and what our body does. As you repeat these words, sometimes you can think about sending the vibration from your throat to the actual part of your body. Nice exercise. Here we go.

00:22 – Hands, Hips, Throat, Skin, Arm, Back, Head, Belly

01:02 - Neck, Knees, Thighs, Wrist, Moles, Muscle, One Foot, Two Feet, One Tooth, Many Teeth, Jaw, Lips

02:05 – Nose, Eyes, Ears, Chin, Gums, Tongue, Cheek, Waist, Abs, Toes, Shins

03:03 – Heels, Arch, Calves

Repeating Words
Body Parts 2 Syllables
Total Time – 02:09

Say the word –

00:00 – Biceps, Quads, Armpits, Six Pack, Eyebrows, Thorax, Hamstring, Deltoid, Arches, Kneecap, Unibrow

00:59 – Ankles, Elbow, Shoulder, Nostrils, Knuckles, Freckles, Stomach, Hairy Legs, Forearm, Hairy Chest,
Voice Box, Larynx, Dentures

Repeating Words
Body Parts 3 Syllables
Total Time – 02:50

Say the word –

00:00 - Pharynx, Dentition, Double Chin, Retina, Appendix, Finger Nails, Eyelashes, Follicles, Quadriceps, Smooth Skin, Skeletal Muscles, Good Posture

01:07 – Achilles Tendon, Gluteus Maximus, Stiff Joints, Flexible Joints, Muscle Extension, Facial Expressions, Engaging Smile, Reddish Skin, Saggy Skin

02:02 – Salt-n-Pepper Grey Hair, Squinting Eyes, Healthy Gums, Thoracic Muscles, Oral Musculature, Wrinkled Forehead, Calf Muscles, Hourglass Figure

Repeating Words Dinosaur Names Total Time – 04:39

00:00 – Now let's have fun with some dinosaur names.

00:05 –	Albertosaurus	Lambeosaurus	Corythosaurus	03:57 -	Ultrasaurus
	Ichtosaurs	Lesothosaurus	Wisaurausus		Lananasaurus
	Citicasorous	Lesiphasaurus	Mussaurs		Plesiosaurs
	Allosaurus	Maiasaura	Supersaurus		Plateosaurus
	Iguanodon	Brachiosaurus			Pentaceratops
	Pteranodon	01:59 – Brontosaurus	02:59 –	Styracosaurus	Gallimimus
	Anklysaurs	Camarasaurus		Cintarsus	Giganotosaurus
	Pterodactyls			Triceratops	Heterodontosaurus
	Kentasaurus	Megalosaurus		Nothosaurs	
	Kentrosaurus	Seismosaurus		Notoceratops	
		Camptosaurus		Diplodocus	
01:00 -	Pterosaurs	Minmi		Dimetrodon	
	Archelon	Spinosaurus		Dryosaurus	
	Kronosaurus	Stegoceras		Pacesepholisus	
	Saltopus	Stegosaurus		Tyrannosaurus Rex	

Sibilants
j/ch 1 Syllable
Total Time – 04:35

00:00 – Here’s a list comparing the sound “j” as in judge, with “ch” as in church. The only difference between these two sounds is the voicing. Here we go.

00:22 –	Joy/Chop	01:55 -	James/Chose	03:55 -	Jump/Chump
	Gee/Cheat		Jane/Chin		Just/Cheap
	Jaw/Chew		Jazz/Choice		June/Charm
	Gel/Cheese		Jean/Chain		Jilt/Charge
			Jerk/Chuck		
00:58 -	Gem/Chess		Jest/Chest		
	Germ/Church		Jim/Champ		
	Gym/Chime				
	Jab/Chap	02:59 –	Job/Chalk		
	Jack/Check		Joint/Chore		
	Jam/Choke		Joe/Chow		
			Judge/Chirp		
			Juice/Chief		
			Junk/Chase		

Sibilants
j/ch 2 Syllable
Total Time – 04:14

Say the words –

00:00 - Fidget/Teacher
Adjoin/Fixture
Gadget/Beach Ball
Pigeon/Capture
Cages/Coaches
Adjust/Culture
Bulges/Nachos

01:04 – Eject/Butcher
Hedgehog/Richard
Frigid/Lunchbox
Dodger/Statue
Blue Jay/Nature
Urgent/Gesture

01:59 – Tragic/Moisture
Squeegee/Recharge
Soldier/Hitchhike
Project/Future
Regent/Duchess
Reject/Righteous

02:56 – Rejoice Rupture
Suggest/Enchant
Roger Sketchy
Magic/Moocher
Ledger/Puncher
Logic/Stitches
Hodgepodge/Texture
Cajole/ Touchdown

Sibilants
j/ch 3 Syllable
Total Time – 01:56

Say the words –

00:00 - Avalanche/Encourage
 Butterscotch/Cartilage
 Briar Patch/Acknowledge
 Percentage/Mix and Match
 Foliage/Heritage
 Cattle Ranch/Beverage
 Monkey Wrench/Hemorrhage
 Cockroach/Cross Stitch
 Brokerage/Outstretch
 Advantage/Mismanage
 Patronage/Bewitch

Sibilants
j/ch 3 Syllable
Total Time – 03:27

Say the word –

00:00 – Allergy/Purchaser
Chargeable/Naturally
Virginia/Departure
Surgery/Unfortunate
Urgency/Arch Support
Margery/Handkerchief

1:56 – Divergent/Interchange
Crackerjack/Archer
Clergyman/Archdeacon
Convergence/Parcheesi
Detergent/Overcharge
Marginal/Virtual
Lumberjack/Torch Light

00:58 – Overjoyed/Archibald
Perjury/Mortuary
Lethargic/Merchandise
Forgery/Purchase Order
Energetic/Fortune Teller
Enlarger/Archbishop

03:03 – Margarine/Starchiest
Enlargement/Naturalist

Sibilants
s/z 1 Syllable
Total Time – 09:11

Say the words –

00:00 – Sack, Czar, Seize, Zoo, Bliss, As, Grace, Cheese, Self, Zap, Same

01:03 – Zebu, Moose, Wise, Juice, Doze, Seen, Zoom, Send, Zealot, Floss

01:59 – Breeze, Lice, Joys, Salt, Zen, Safe, Zulu, Class, Use, Race, Rose

03:02 – Seep, Sacks, Serve, Zebra, Lease, Cause, Twice, Bruise, Sent, Zounds

03:59 – Sort, Zany, Grass, Daze, Cross, Squeeze, Sound, Z, Soft, Zillion

04:57 – Dress, Prize, Chase, Please, Sing, Zone, Suds, Says, Bus, Tease, Gas

06:01 – Zoospore, Sulk, Zeal, Soak, Zone Time, Bass, Soy, Zinc, Singe, Xerox

07:00 – Hiss, Keys, Chess, Hose, Sip, Zeus, Sunk, Zipper, Grouse, Noise, Voice

08:02 – Jazz, Sue, Zing, Silk, Zone, Peace, Eyes, Yes, Glaze, Sight, Zest, Sword

Sibilants
s/z 2 Syllables F@2.5kHz
Total Time – 09:53

Say the words –

- 00:00 – Cider, Zippy, Cedar, Zillion, Thomas, Surprise, Casey, Bizarre, Savage, Zoom Lens
- 00:59 – Papoose, Sunrise, Bias, Always, Cyclone, Zenith, Pseudo, Zip Code, Basic, Wizard, Bonus
- 02:03 – Enclosed, Tennis, Pillows, Secret, Zion, Salute, Zipper, Actress, Trapeze, Fossil
- 03:02 – Dizzy, Satin, Zero, Walrus, Excuse, Light House, Propose, Sandwich, Zebra, Sentence
- 04:01 – Zephyr, Eyesight, Caesar, Iris, Disease, Priceless, Advice, Serpent, Zealous, Silver
- 04:59 – Zulu, Concise, Because, Classic, Dazzle, Sonnet, Zeta, Terrace, Gallows, Canvas, Amuse
- 06:02 – Sound Waves, Zany, Sourdough, Zoë, Massage, Poison, Necklace, Oppose, Reduce, Primrose
- 07:03 – Solo, Zombie, Soybean, Zurich, Notice, Echoes, Lassie, Geyser, Surfing, Xerox
- 08:01 – Scissors, Chastise, Receive, Frozen, Christmas, Accuse, Tigress, Appraise, Signal, Zircon
- 09:00 – Syntax, Zygote, Mongoose, Stories, Tucson, Easy, Service, Zigzag, Righteous

Sibilants
s/z 2-3 Syllables F@3kHz
Total Time – 10:51

Say the words –

- 00:00 – Cedar, Zillion, Casey, Bizarre, Papoose, Sunrise, Cyclone, Zenith, Basic, Wizard
- 01:00 – Tennis, Pillows, Salute, Zipper, Fossil, Dizzy, Walrus, Excuse, Sandwich, Zebra
- 01:58 – Eyesight, Caesar, Priceless, Advice, Silver, Zulu, Classic, Dazzle, Terrace, Gallows
- 02:58 – Sound Waves, Zany, Massage, Poison, Reduce, Primrose, Soybean, Zurich, Lassie, Geyser
- 03:59 – Waitress, Bulldoze, Surfing, Xerox, Receive, Frozen, Tigress, Appraise, Syntax, Zygote
- 04:59 – Tucson, Easy, Righteous, Saturday, Zodiac, Aerosol, President, Alias, Bananas, Seasickness
- 06:01 – Zimosis, Assassin, Horizon, Octopus, Criticize, Circumstance, Zinc Oxide, Tennessee, Refusal,
Wilderness
- 07:04 – Amazing, Seventeenth, Zucchini, Molasses, Composure, Tetanus, Exercise, Socialize, Zinnia
- 08:01 – Disappear, Busily, Previous, Harmonize, Subsequent, Zirconate, Icicle, Deposit, Reproduce,
Memories

09:00 – Sufficient, Zonation, Legacy, Resume, Nucleus, Eloise, Suspicious, Zuiderzee, Decipher, Prisoner

10:02 – Happiness, Magnetize, Synchronize, Zodiac, Assortment, Embezzle, Generous, Mezzanine

Sibilants
s/z 4 Syllables F@4kHz
Total Time – 05:38

Say the words –

- 00:00 – Celebrity, Zoologist, Ambassador, Appetizer, Ridiculous, Apologize, Circulation, Zirconium, Hacienda, Kalamazoo
- 01:01 – Adventurous, Familiarize, Secretary, Zacharias, Minnesota, Influenza, Apparatus, Societies, Synonymous, Zymology
- 02:01 – Penicillin, Invisible, Nevertheless, Generalize, Civilization, Zygomatic, Unicycle, Montezuma, Precipitous
- 03:00 – Alphabetize, Zoometry, Sedimentary, Sensational, Stabilizer, Simultaneous, Antagonize, Zamboanga, Subterranean, Precipitation
- 04:04 – Organization, Hippopotamus, Loganberries, Zoology, Superintendent, Electricity, Louisiana, Continuous, University
- 05:00 – Systematically, Zoography, Curiosity, Dramatization, Analysis, Analyses

Sibilants
d/t/m/n/ng Syllables F@2kHz
Total Time – 10:23

Say the words –

- 00:00 – Mandolin, Mercury, Teddy bear, Natural, Angular, Mickey Mouse, Tornado, Nectarine, English,
Modulate
- 01:00 – Turpentine, November, November, Slingshot, Macaroni, Tomahawk, Neurosis, Ping-Pong,
Metropolis, Tapioca
- 02:00 – Nitrogen, Songster, Mysterious, Television, Neurology, Angola, Multiplication, Tuberculosis,
Belonging, Amazon
- 03:01 – Anteater, Napoleon, Fingerprint, Circumstance, Dictator, Nonviolence, Mourning, December,
Flotilla, Pneumothorax
- 04:02 - Evening, Domino, Heated Pool, Nicaragua, Coercing, Ala Mode, Outwitted, Canary, Unmasking,
Cumbersome

- 05:00 – Jupiter, Honeybee, Wedding Ring, Optimist, Potato, Luncheonette, Collapsing, Rambunctious, Spotting Scope, Universe
- 06:00 – Chipmunk, Alabama, Escalator, Lanolin, Verifying, Amphibian, Peanut Butter, Anatomy, Gas Tank, Humility
- 06:59 – Kilometer, Continental, Undertaking, Parameter, United States, Point Blank, Proximity, Vitamin C, Mona Lisa, Coinciding
- 07:59 – Condominium, Dormitory, Monumental, Chain Link, Antonym, Chocolate, Aspirin, Classifying, Cerebrum, Attribute
- 08:59 – Carnation, Honky-tonk, Maximum, Halibut, Saxophone, Convalescing, Pantomime, Absolute, Domination, Drawings
- 10:00 – Linoleum, Accentuate, Fermentation, Humperdinck

**Repeating Phrases
The Lost Cat
Total Time – 01:22**

00:00 – Now we're going to try a poem. First, I'll read the poem to you, and then I'll say the phrases and you repeat them.

00:14 – The Lost Cat, by Shel Silverstein.

We can't find the cat.

We don't know where she's at.

Oh, where did she go?

Does anyone know?

Let's ask this walking hat.

00:38 – Now repeat after me, *REPEATS POEM.*

**Repeating Phrases
Examination
Total Time – 01:39**

00:00 – Examination, by Shel Silverstein. I'll read the poem, and then you will repeat the phrases.

I went to the doctor

He reached down my throat

He pulled out a shoe

And a little toy boat

He pulled out a skate

And a bicycle seat

And said be more careful about what you eat.

00:35 – Now repeat the phrases after me, *REPEAT POEM.*

**Repeating Phrases
In Search of Cinderella
Total Time – 02:17**

00:00 – In Search of Cinderella, by Shel Silverstein.
Listen to the poem and then repeat the phrases.

From dusk to dawn,
From town to town,
Without a single clue,
I seek the tender, slender foot
To fit this crystal shoe.
From dusk to dawn,
I try it on
Each damsel that I meet.
And I still love her so, but oh,
I've started hating feet.

00:46 – Now repeat the phrases after me, *REPEAT
POEM.*

**Repeating Phrases
Friendship
Total Time – 01:16**

00:00 – Friendship, by Shel Silverstein. Please listen to
the poem and then repeat the phrases.

I've discovered a way to stay friends
forever.
There's really nothing to it.
I simply tell you what to do,
And you do it!

00:31 – Now repeat the phrases after me, *REPEAT
POEM.*

**Repeating Phrases
If I Find A Penny
Total Time – 02:52**

00:00 – If I Find A Penny, by Jeff Moss.

If I find a penny, and give it to you.
That means we'll both, have a wish come true.
A Penny is like magic, lying on the ground.
It's like picking up a wish, that is waiting to be
found.
So when I find one, I'll give you a penny.
And if we're lucky, I'll give you many.
I'll pick up your penny, won't let the trash man
sweep it.
But if I find a dollar, I'll probably keep it.

00:59 – Now repeat the phrases after me, *REPEAT POEM*.

**Repeating Phrases
Fancy Dive
Total Time – 02:53**

00:00 – Now here's a poem; first listen, then repeat the phrases.
Remember to sit up straight, purse your lips out, and again feel
your breath. Fancy Dive.

The fanciest dive that ever was dove
Was done by Melissa of Coconut Grove.
She bounced on the board and flew into the air
With a twist of her head and a twirl of her hair.
She did thirty-four jackknives, backflipped and
spun, quadruple gainered, and reached for the
sun,
And then somersaulted nine times and a
quarter—
And looked down and saw that the pool had no
water.

01:07 – Now repeat the phrases after me, *REPEAT POEM*.

Repeating Phrases
Jam Jar Juggler
Total Time – 02:34

00:00 – Now here's a poem. I will read the poem, and then we'll repeat phrases.

Jerry was a juggler,
A jam jar juggler.
Everyday he juggled,
Twelve jam jars.
His sister Nellie only juggled jelly.
Everyday she juggled twelve jelly jars.
Jerry was a joker,
Thought it fun to poke her.
And so of course poor Nellie,
Dropped all her jars of jelly.

00:50 – Now repeat the phrases after me, *REPEAT POEM*.

Repeating Phrases
3-Word Phrases
Total Time – 01:57

00:00 – I see you

I went home

She fell down

He is tall

Sleep at night

00:33 – I type fast

Wake at dawn

Check the box

Smile for me

00:57 – Music is great

Water the plant

Eat the meal

Wear the shirt

Walk uphill

01:27 – Fill the bag

Hear the drum

I can read

Sing the song

Ship the box

Repeating Phrases
4-Word Phrases
Total Time – 02:45

00:00 – Now let's try 4-word links. Are you sitting up straight?

00:07 - The boy is little

There are three dogs

The Wind blows hard

I read the book

The baby is cute

I made the food

The floor is dry

The colors were bright

I want to play

01:02 - The phone was loud

The wire is stuck

The light is on

I brush my hair

I like to swim

I climb the tree

The man came early

Listen to the music

Move the big box

We sang a song

02:03 - The vase fell over

Time has been gone

The dog is nice

The floor is dry

The man is tall

Sam sang a song

Repeating Phrases
5-Word Phrases
Total Time – 01:58

00:00 – Now let's try some 5-word phrases; and I want you to say them exactly as I say them.

00:10 – The man came home early

We went to the store

The car's tire is flat

We had fruit for lunch

That is a blue shirt

The pants are very loose

00:58 – We will go home late

The drink is very sweet

The walls are bright pink

The cat sat all day

Two boys came very late

The pool was closed today

The house was for sale

**Tongue Twisters
TT Track 1
Total Time – 04:03**

Three free throws.

Sam's shop stocks short spotted socks.

A noisy noise annoys an oyster.

**Tongue Twisters
TT Track 2
Total Time – 04:34**

The myth of Miss Muffet.

Lovely lemon liniment.

We surely shall see the sun shine soon.

My dame hath a crane that is lame.

Old oily Ollie oils old oily autos.

**Tongue Twisters
TT Track 3
Total Time – 04:53**

Twelve twins twirled twelve twigs.

Nine nice night nurses nursing nicely.

Give papa a cup of proper coffee in a copper
coffee cup.

Swan swam over the sea,

Swim, swan, swim!
Swan swam back again
Well swum, swan!

**Tongue Twisters
TT Track 4
Total Time – 04:38**

I thought a thought.
But the thought I thought wasn't the thought
I thought I thought.

Crisp crusts crackle crunchily.

Six sharp smart sharks.

Betty better butter Brad's bread.

Sure the ship's shipshape, sir.

**Tongue Twisters
TT Track 5
Total Time – 05:08**

A Tudor who tooted a flute
Tried to tutor two tooters to toot.
Said the two to their tutor,
“Is it harder to toot
or to tutor two tooters to toot?”

Which wrist watches are Swiss wrist watches?

Lesser leather never weathered wetter weather
better.

Now See’s saw sawed Soar’s seesaw
Before Soar saw See,
Which made Soar sore.
Had Soar seen See’s saw
Before See sawed Soar’s seesaw,
See’s saw would not have sawed Soar’s seesaw.
So See’s saw sawed Soar’s seesaw.
But it was sad to see Soar so sore
Just because See’s saw sawed
Soar’s seesaw!

**Tongue Twisters
TT Track 6
Total Time – 06:00**

Friendly Frank flips fine flapjacks.

Vincent vowed vengeance very vehemently.

I cannot bear to see a bear
Bear down upon a hare.
When bare of hair he strips the hare,
Right there I cry, “Forbear!”

Gertie’s great-grandma grew aghast at Gertie’s
grammar.

Tim, the thin twin tinsmith.

Fat frogs flying past fast.

I need not your needles, they’re needless to me;
For kneading of noodles, ‘twere needless, you see;
But did my neat knickers but need to be kneed,
I then should have need of your needles indeed.

Tongue Twisters
TT Track 7
Total Time – 06:02

Flee from for to fight flu fast!

The boot black bought the black boot back.

How much wood would a woodchuck chuck
If a woodchuck could chuck wood?
He would chuck, he would, as much as he could,
and chuck as much wood as a woodchuck would
If a woodchuck could chuck wood.

Ruby Rugby's brother bought and brought her
back some rubber baby-buggy bumpers.

Sly Sam slurps Sally's soup.

A tree toad loved a she-toad
Who lived up in a tree
He was a two-toed tree toad
But a three-toed toad was she.
The two-toed tree toad tried to win
The three-toed she-toad's heart,
For the two-toed tree toad loved the ground
That the three-toed tree toad trod.
But the two-toed tree toad tried in vain.
He couldn't please her whim.
From her tree toad bower
With her three-toed power
The she-toad vetoed him.

Tongue Twisters
TT Track 8
Total Time – 05:10

Which witch wished which wicked wish?

The two-twenty-two train tore through the tunnel.

Silly Sally swiftly shooed seven silly sheep.
The seven silly sheep Silly Sally shooed shilly-shallied south.

These sheep shouldn't sleep in a shack;
sheep should sleep in a shed.

Three gray geese in the green grass grazing.
Gray were the geese and green was the grass.

Tongue Twisters
TT Track 9
Total Time – 04:21

You've no need to light a night-light
On a light night like tonight,
For a night-light's light's a slight light,
And tonight's a night that's light.
When a night's light, like tonight's light,
It is really not quite right
To light night-lights with their slight lights
On a light night like tonight.

If Stu chews shoes, should Stu
choose the shoes he chews?

Crisp crusts crackle crunchily.

Don't pamper damp scamp tramps that camp
under ramp lamps.

Six shimmering sharks sharply striking shins.

Brad's big black bath brush broke.

Tongue Twisters
TT Track 10
Total Time – 03:29

Can you imagine an imaginary menagerie
manager
imagining managing an imaginary menagerie?

Kris Kringle carefully crunched on candy canes.

She stood on the balcony
inexplicably mimicking him hiccupping,
and amicably welcoming him home.

Tongue Twisters
TT Track 11
Total Time – 05:13

Six sick slick slim sycamore saplings.

A box of biscuits, a batch of mixed biscuits.

A skunk sat on a stump and thunk the stump
stunk,

But the stump thunk the skunk stunk.

Let's break this one up into phrases.

A skunk sat on a stump

And thunk the stump stunk

But the stump

Thunk the skunk stunk

Peter Piper picked a peck of pickled peppers.

Did Peter Piper pick a peck of pickled peppers?

If Peter Piper picked a peck of pickled peppers,

Where's the peck of pickled peppers Peter Piper
picked?

A big black bug bit a big black bear,
made the big black bear bleed blood.

Tongue Twisters
TT Track 12
Total Time – 05:02

Shy Shelly says she shall sew sheets.

A flea and a fly flew up in a flue.
Said the flea, “Let us fly!”
Said the fly, “Let us flee!”
So they flew through a flaw in the flue.

She sells sea shells by the sea shore.
The shells she sells are surely seashells.
So if she sells shells on the seashore,
I’m sure she sells seashore shells.

Auditory Memory – 1
2 - Word List
Total Time – 05:45

00:00 – Cat/Slime, Nail/Firm, Close/Went, Miss/Grave, Bird/Seal, Card/Sense, Start/Drank

00:58 – Share/Lock, Are/Hands, Chair/Flare, Owes/Five, See/Nails, Ache/Brand, Knob/Mouse,
Paste/Teeth

02:04 – Cord/Fly, Flip/Dark, Noise/Neck, Flag/Surf, Bread/Cup, Wash/White, Swing/Board

03:02 – Book/Vase, Coat/Stripe, Frog/Disc, Sharp/Wave, Tall/Drum, Pen/Tape, Song/Down

04:01 – Bird/Look, Far/Shut, Hall/Drink, Wheel/Paste, Bee/Desk, Egg/Box

05:00 – Arm/Show, Knife/Stare, Song/Chair, Kite/Dog, Shoe/Book

Auditory Memory – 2
3 - Word List 1
Total Time – 04:58

00:00 – Let’s get ready to say some words together. I will say three words, and I want you to say them exactly as I say them. Remember make sure you have good posture. Let’s begin.

Say the words -

00:40 – Chime/Snake/Clap
School/Ring/Flag
Red/Toes/Chin

02:13 – Wood/Pen/Cup
Bird/Vase/Knob
Mouse/Bat/Cord
Phone/Drum/Teeth

04:05 – Couch/Sharp/Bread
Cheese/Dot/Bright
Juice/Dark/Frog
Noise/Desk/Sit
Sheet/Flip/Cook
Pot/Disc/Glove

01:06 – Glow/Paint/Bells
Swing/Blue/Stool
Slide/Light/Wind
Book/Watch/Lips
Speak/Neck/Hair
Coat/Pants/Green

03:01 – Brush/Paste/Shove
Queen/Wash/Bag
Clean/Fly/Surf
Click/Wheel/Board
Beach/Blind/Free
Wave/White/Stripe

04:56 – Great job!

Auditory Memory – 3
3 - Word List 2
Total Time – 05:44

00:00 – Skin/Bat/Coat
Owl/Shove/Shell
What/Dot/Serve
Ears/Sit/Like
Bells/Free/Door

01:57 – Near/Blue/Small
Sweet/Wheel/Fast
Feet/Pen/See
Shut/Speak/Right
Juice/Phone/Spring

04:10 – Green/Hair/Clap
Wood/Brush/Snake
Ring/Chime/Chin
Red/Slide/Stool

01:05 – Knees/Bells/Fork
Horse/Surf/Star
Steep/Watch/Sink
Leg/Clean/Bus

03:03 – Sheet/Bag/Cook
Wash/Blind/Couch
Cheese/Paint/Flag
Glove/Pot/Glow
School/Bright/Lips

05:02 – Bird/Beach/Pants
Light/Toes/Queen
Click/Desk/Sky

Auditory Memory – 4
4 - Word List 1
Total Time – 06:43

00:00 – Stain/Pass/Raid/Bleak
Boy/Tip/Branch/Spout
Show/Space/Crack/Chain
Great/Craze/Sick/Duck

02:05 – Train/Smash/Jay/Clue
Few/Can/Least/Slush
Flop/Box/Silk/Corn
Stare/Fox/Screw/Ship

04:13 – Slam/Truck/Rose/Look
Rug/Type/Knots/Quaint
Plank/Brook/Shirt/Leaf

01:02 – Maze/Soon/Keen/Ate
Cling/Spoon/Pack/Mop
Air/Chalk/Sting/Wish
Brain/Rice/Crew/Van

03:09 – Pays/Pork/Bout/Gram
Pray/Match/Shift/Should
Raid/Horn/Grand/Chop
Grain/Base/Thirst/Aim

05:01 – Dent/Spook/Slide/Thanks
Boy/Six/Pink/Peach
Bring/Scroll/Store/Craze
Void/Hood/Knife/Wheel
Beat/Slime/Snore/Shade
Breath/Hand/Smart/Plum

Auditory Memory – 5
4 - Word List 2
Total Time – 08:47

Say the words,

00:00 – Born/Pair/Trip/Slime
Up/Seal/Fly/Firm
Zoo/Knot/Yard/Went
Hop/Clay/Fair/Grave

03:12 – Fluff/Dress/Kid/Brand
Fact/Dose/Turn/Mark
Earth/Cheat/Truck/Flirt

06:11 – Fee/Tray/Speech/Scream
Hinge/Paint/Screech/Ground
Zest/Shine/Clap/Light

01:01 – Yarn/Shine/Purr/Seal
Slow/Gaze/Surf/Sense
Third/Black/Move/Drank
Cut/Link/Smell/Lock

04:01 – Wax/Sway/Silk/Slurp
Moon/Point/Gray/Slow
Rust/Rail/Fort/Feast
Buzz/Bait/Quit/West

07:01 – Bunk/Plank/Breeze/Known
Mat/Switch/Play/Bridge
Group/Squirm/Moist/Lark
Skirt/Vent/New/Tweeze

02:07 – Blow/Voice/Toys/Hands
Cheese/Toes/Cork/Flare
Match/Stalk/Swim/Five
Zap/Cream/Spun/Nails

05:07 – Sir/Feast/Soot/Clock
Fresh/Last/Fix/Bat
Point/Pair/Look/Girl
Zest/Point/Fifth/Slime

08:10 – Flip/Bag/Plant/Drum
Type/Box/Top/Down

Auditory Memory – 6
4 Word List 3
Total Time – 07:13

00:00 – Are you ready to try and say four words exactly as I say them? Okay, make sure you have nice posture. Let's begin.

Say the words –

00:45 – Pass/Trip/Mop/Space
Tip/Rust/Chop/Third
Bleak/Fox/Wax/Moon

03:01 – Zoo/Rice/Should/Cheese
Peach/Wish/Speech/Match
Screech/Spun/Wheel/Silk
Plum/Smash/Turn/Cut

05:14 – Thanks/Can/Brook/Type
Tax/Quit/Pork/Horn
Cork/Slush/Spook/Truck

01:07 – Think/Box/Aim/Slow
Hand/Earth/Leaf/Surf
Clap/Swim/Fifth/Purr
Buzz/Scroll/Yarn/Zap

04:08 – Sir/Spoon/Gram/Yard
Toys/Van/Fee/Base
Slime/Move/Fluff/Fly
Smell/Clue/Fact/Spout

06:04 – Hinge/Quaint/Hood/Point
Fix/Soot/Up/Chain
Born/Look/Six/Gray
Corn/Fort/Eight/Duck

02:13 – Zest/Soon/Craze/Fair
Shade/Hop/Latch/Fresh
Ship/Chalk/Kid/Blow

Auditory Memory – 7
5 - Word List
Total Time – 08:22

00:00 – Now let's try five words in a row. I will say the words, and I want you to repeat them exactly as I say them.

Say the words –

00:35 – Last/Slime/Bat/Pair/Sick

Ride/West/Cream/Least/Seal

Went/Pray/Feast/Sheet/Hands

03:13 – Air/Breath/Shine/Lock/Silk

Sway/Flop/Stray/Paint/Beat

Jay/Stare/Pays/Slim/Void

06:03 – Grain/Skirt/Mark/Slide/Plank

Shirt/Firm/Show/Pink/Knot

Rose/Flirt/Moist/Ground/Knife

01:17 – Raid/Train/Shift/Stalk/Voice

Rail/Crack/Branch/Link/Stain

Bait/Clock/Nails/Toes/Breeze

04:09 – Point/Screw/Brand/Clay/Flare

Grave/Few/Great/Boy/Pair

Grand/Tweeze/Drank/Light/Point

07:02 – Seal/Bring/Lark/Switch/Keen

Sense/Slurp/Dent/Rug/Five

Slow/Smirk/Vent/Mat/Scream

02:14 – Sting/Gaze/Snore/Draw/Black

Brain/Flip/Maze/Dress/Bring

Bout/Cling/Bridge/Play/Doze

05:05 – Grow/New/Girl/Bunk/Pack

Crew/Thirst/Group/Tray/Sick

Knots/Shin/Squirm/Boy/Store

08:00 – Feast/Slam/Flirt/Known/Plank

Filtered Words
F @ 3k w/ Carrier Phrase
Total Time – 05:42

Say the word –

00:00 – Burn, Lot, Sub, Home, Dime, Witch,
Keen, Yes, Boat

01:00 – Sure, Hurl, Door, Kite, Sell, Nag, Take,
Fall, Week

02:00 – Death, Love, Tough, Gap, Moon,
Choice, King, Size, Pool

03:00 – Vine, Chalk, Laud, Goose, Shout, Fat,
Puff, Jar, Reach

04:02 – Rag, Mowed, Tip, Page, Raid, Raise,
Bean, Hash, Limb

05:05 – Third, Jail, Knock, Whip, Met

Filtered Words
F @ 3k w/o Carrier Phrase
Total Time – 04:12

00:00 – Burn, Lot, Sub, Home, Dime, Witch,
Keen, Yes, Boat, Sure, Hurl, Door, Kite

01:03 – Sell, Nag, Take, Fall, Week, Death, Love,
Tough, Gap, Moon, Choice, King

02:03 – Size, Pool, Vine, Chalk, Laud, Goose,
Shout, Fat, Puff, Jar, Reach, Rag

03:02 – Mowed, Tip, Page, Raid, Raise, Bean,
Hash, Limb, Third, Jail, Knock, Whip, Me

Filtered Words
F @ 2.5k w Carrier Phrase
Total Time – 05:45

Say the word –

00:00 – Live, Voice, Ton, Learn, Match, Chair,
Deep, Pike, Room

01:00 – Read, Calm, Book, Dab, Loaf, Goal,
Shack, Far, Witch

02:01 – Rot, Pick, Fail, Fed, Wag, Haze, White,
Hush, Dead

03:03 – Pad, Mill, Merge, Juice, Keg, Gin,
Knife, Numb, Chief

04:06 – Gaze, Young, Keep, Tool, Soap, Hate,
Turn, Rain

05:00 – Shawl, Bought, Thought, Bite, Lore,
South

Filtered Words
F @ 2.5k w/o Carrier Phrase
Total Time – 04:15

00:00 – Live, Voice, Ton, Learn, Match, Chair,
Deep, Pike, Room, Read, Calm, Book

01:00 – Dab, Loaf, Goal, Shack, Far, Witch, Rot,
Pick, Fail, Fed, Wag, Haze

02:00 – White, Hush, Dead, Pad, Mill, Merge,
Juice, Keg, Gin, Knife, Numb, Chief

03:00 – Gaze, Young, Keep, Tool, Soap, Hate,
Turn, Rain, Shawl, Bought, Thought, Bite, Lore,
South

**Filtered Words:
F @ 2k w/o Carrier Phrase
Total Time – 04:06**

00:00 – Sheep, Cause, Rat, Bar, Mouth, Talk,
Higher, Search, Luck, Cab, Rush, Five, Team

01:04 – Pearl, Soup, Half, Chat, Road, Pull,
Phone, Life, Pain, Base, Mop, Mess

02:02 – Germ, Thin, Name, Ditch, Tell, Cool,
Seize, Dodge, Youth, Hit, Late, Jug

03:00 – Wire, Walk, Date, When, Ring, Cheek,
Note, Gun, Beg, Void, Shall, Lid, Good

**Filtered Words:
F @ 1.5 k w/o Carrier Phrase
Total Time – 04:12**

00:00 – Rose, Dog, Time, Such, Have, Mob,
Bone, Fail, Rough, Dip, Join, Check

01:00 – Wheat, Thumb, Near, Lease, Yearn,
Kick, Get, Loose, Kill, Fit, Judge, Should

02:02 – Pass, Back, Hall, Bath, Tire, Peg, Perch,
Chain, Make, Long, Wash, Food

03:04 – Mood, Neat, Tape, Ripe, Whole, Gas,
Cane, Vote, Lean, Red, Doll, Shirt, Sour, Wife

**Filtered Words:
F @ 1.25 k w/o Carrier Phrase
Total Time – 04:06**

Say the word –

00:00 – Cat, Slime, Nail, Firm, Close, Went,
Miss, Grave, Bird, Seal, Card, Sense

01:02 – Start, Drank, Share, Lock, Are, Hand,
Chair, Flare, Owes, Five, Sea, Mails

02:04 – Ache, Brand, Skin, Bat, Coat, Owl,
Shove, Shell, What, Dot, Serve

03:00 – Ears, Sit, Like, Bells, Free, Door,
Knees, Bells, Fork, Horse, Surf, Star

**Filtered Words:
F @ 1k w/o Carrier Phrase
Total Time – 04:42**

Say the word –

00:00 – Knob, Mouth, Paste, Teeth, Cord, Fly,
Flip, Dark, Noise, Neck, Flag, Surf

01:02 – Bread, Cup, Wash, White, Swing, Board,
Book, Vase, Coat, Stripe, Frog, Disc

02:04 – Sharp, Wave, Tall, Drum, Pen, Tape,
Song, Down, Bird, Look, Far

03:01 – Shut, Hall, Drink, Wheel, Paste, Bee,
Desk, Egg, Bought, Arm, Show, Knife

04:04 – Stare, Song, Chair, Kite, Dog, Shoe,
Book

**Filtered Words:
F @ 875 w/o Carrier Phrase
Total Time – 04:39**

00:00 – Cat, Show, Arm, Bought, Desk, Kite, Mail, Leg, Bus, Pen, Bee

01:00 – Knife, Door, Chair, Egg, Spring, Like, Near, Paste, Map, Card, Far

02:01 – Dog, Fork, Shoe, Hall, Horse, Stare, Drink, Song, Wheel, Sweet, Bird

03:03 – Shut, Tall, Fast, Look, Coat, Right, Small, Down, Star, Feet, Shell

04:04 – Clothes, Steep, See, Sink, Miss, Serve

04:38 – Great job!

**Filtered Words:
F @ 725 w/o Carrier Phrase
Total Time – 04:39**

00:00 – Guinea Pig, Elephant, Gorilla, Roadrunner, Centipede, Scorpion, Ladybug, Woodpecker, Baby Chick, Honeybee, Butterfly, Rattlesnake

01:00 – Prairie Dog, Chimpanzee, Grizzly Bear, Box Turtle, Killer Whale, Slippery Seal, Mosquito, Halibut, Billy Goat, Caribou, Polar Bear, Flamingo

02:00 – Antelope, Buffalo, Octopus, Angelfish, Hippopotamus, Alligator, Salamander, Orangutan, Kangaroo, Tarantula, Rhinoceros, Water Buffalo

03:03 – Saber Tooth Tiger, Boa Constrictor, Saint Bernard, Firefly, Manatee, Crustacean, Gila Monster, Arabian Horses, Canadian Geese, Mountain Lion, Irish Sheep Dog

04:03 – Rocky Mountain Big Horn Sheep, Exotic Wildlife, Creatures of the Night, Animalistic Behavior, A Visit to the Zoo

**Auditory Figure Ground:
AFG – 10/2ch
Total Time – 03:08**

00:00 – Repeat these words exactly as I say them. Make sure you're sitting in good posture. Okay, let's begin.

Say the word –

Hands, Hips, Throat, Skin, Arm, Back,
Head, Belly, Neck, Knees

01:03 – Thighs, Wrist, Moles, Muscle, One
Foot, Two Feet, One Tooth, Many Teeth, Jaw,
Lips, Nose

02:02 – Eyes, Ears, Chin, Gums, Tongue,
Cheek, Waist, Abs, Toes, Shins, Heels, Arch,
Calves

**Auditory Figure Ground:
AFG – 7.5/2ch
Total Time – 02:08**

00:00 – Biceps, Quads, Armpits, Six-Pack,
Eyebrows, Thorax, Hamstring, Deltoids, Arches,
Kneecap, Unibrow, Ankles

01:04 – Elbow, Shoulder, Nostrils, Knuckles,
Freckles, Stomach, Hairy Legs, Forearm, Hairy
Chest, Voice Box, Larynx, Dentures

**Auditory Figure Ground:
AFG – 6.5/2ch
Total Time – 04:13**

00:00 – Burn, Lot, Sub, Home, Dime, Which,
Keen, Yes, Boat, Sure, Hurl, Door, Kite

01:04 – Cell, Nag, Take, Fall, Weak, Death,
Love, Tough, Gap, Moon, Choice, King

02:03 – Size, Pool, Vine, Chalk, Laud, Goose,
Shout, Fat, Puff, Jar, Reach, Rag

03:03 – Mode, Tip, Page, Raid, Raise, Bean,
Hash, Limb, Third, Jail, Knock

04:00 – Whip, Met

**Auditory Figure Ground:
AFG – 5/2ch
Total Time – 04:16**

00:00 – Live, Voice, Ton, Learn, Match, Chair,
Deep, Pike, Room, Read, Calm, Book, Dab

01:04 – Loaf, Gold, Shack, Far, Witch, Rot, Pick,
Bail, Said, Wag, Haze, White

02:05 – Hush, Dead, Pad, Mill, Merge, Juice,
Keg, Gin, Nice, Numb, Chief, Gaze

03:06 – Young, Keep, Tool, Soap, Hate, Turn,
Rain, Shaw, Bought, Fought, Bite

04:01 – Lore, South

**Auditory Figure Ground:
AFG – 3/4ch
Total Time – 04:06**

00:00 – Sheep, Cause, Rat, Bar, Mouse, Talk,
Hire, Search, Luck, Calf, Rush, Buy, Team

01:04 – Hurl, Soup, Half, Chat, Road, Pole,
Phone, Like, Pain, Base, Mop, Mess

02:02 – Germ, Thin, Main, Ditch, Tell, Cool,
Seize, Dodge, Youth, Hit, Late, Jug

03:00 – Wire, Walk, Date, When, Ring, Cheek,
Note, Gun, Beg, Void, Shall, Lid, Good

**Auditory Figure Ground:
AFG – 0/4ch
Total Time – 04:15**

00:00 – Rose, Dog, Time, Such, Have, Mob,
Bone, Sale, Rough, Dip, Join, Check

01:01 – Wheat, Thumb, Mirror, Lease, Yearn,
Kick, Get, Lose, Kill, Bit, Judge, Should

02:01 – Pass, Back, Hall, Bath, Tire, Peg, Perch,
Chain, Make, Long, Wash, Food

03:04 – Mood, Meat, Take, Ripe, Whole, Gas,
Cane, Vote, Read, Red, Doll, Shirt

04:04 – Sour, Wipe

**Dichotic Words – Left:
3 - Word Phrases – 1000 ms
Total Time – 00:58**

00:00 – I like balls/He is tall
Sleep at night/I went home
I see you/Wake at dawn
I type fast/Check the box
Smile for me/Water the plant

00:34 – Music is great/Eat the meal
Wear the shirt/Fill the bag
Hear the drum/Sing the song
Ship the box/Sit on top

**Dichotic Words – Left:
3 - Word Phrases – 500 ms
Total Time – 00:58**

00:00 – I love school/I like balls
Check the box/Hear the drum
He is tall/I went home
Sleep at night/I see you
She fell down/Ship the box

00:32 – Smile for me/Music is great
Water the plant/I type fast
Eat the meal/Fill the bag
I can read/Wear the shirt

**Dichotic Words – Left:
3 - Word Phrases – 300 ms
Total Time – 00:49**

00:00 – I see you/Smile for me
I went home/Music is great
She fell down/Water the plant
He is tall/Eat the meal
Sleep at night/Wear the shirt

00:29 – I type fast/Walk uphill
Wake at dawn/Fill the bag
Check the box/Hear the drum
Ship the box/I can read

**Dichotic Words – Left:
Spondee – 400 ms
Total Time – 00:51**

00:00 – Birthday/Toothbrush
Rainbow/Cupcake
Airplane/Jackknife
Bathtub/Blackboard
Headlight/Ice Cream

00:27 – Eyebrow/Schoolroom
Railroad/Door Bell
Backyard/Stairway
Baseball/Drug Store
Armchair/Hairbrush

**Dichotic Words – Left:
Spondee – 250 ms
Total Time – 00:51**

00:00 – Sidewalk/Playmate

Birthday/Rainbow

Cupcake/Toothbrush

Airplane/Bathtub

Headlight/Jackknife

00:25 – Blackboard/Ice Cream

Eyebrow/Schoolroom

Railroad/Backyard

Baseball/Doorbell

Stairway/Drug Store

**Dichotic Words – Left:
Spondee – 150 ms
Total Time – 00:42**

00:00 – Armchair/Hairbrush

Playground/Necktie

Doorstep/Mousetrap

Bedroom/Cowboy

Downtown/Daylight

00:25 – Meatball/Footstool

Sunshine/Pancake

Bird Nest/Football

Hot Dog/Blue Jay

**Dichotic Words – Left:
Single Word – 300 ms
Total Time – 01:11**

00:00 – Pool/Sharp
Vine/Wave
Chalk/Tall
Goose/Drum
Shout/Pen
Fat/Tape
Puff/Song
00:35 – Jar/Down
Reach/Bird
Rag/Look
Mowed/Far
Tip/Shut
Page/Hall
Raid/Drink
Raise/Wheel

**Dichotic Words – Left:
Single Wd – 200 ms
Total Time – 01:12**

00:00 – Sea/Sheep
Nails/Cause
Ache/Rat
Brand/Bar
Skin/Mouse
Bat/Talk
Coat/Higher
00:35 – Owl/Search
Shove/Luck
Shell/Cab
What/Rush
Dot/Five
Serve/Team
Ears/Pearl
Sit/Soup

**Dichotic Words – Left:
Single Word – 100 ms
Total Time – 01:11**

00:00 – Dead/Burn
Pad/Lot
Mill/Sub
Merge/Home
Juice/Dime
Keg/Which
Gin/Keen
00:33 – Nice/Yes
Numb/Boat
Chief/Sure
Gaze/Hurl
Young/Door
Keep/Kite
Tool/Sell
Soap/Nag

**Dichotic Words – Left:
Single Word – 0 ms
Total Time – 01:07**

00:00 – Germ/Rose
Thin/Dog
Name/Time
Ditch/Such
Tell/Have
Cool/Mob
Seize/Bone
00:30 - Dodge/Sale
Youth/Rough
Kit/Dip
Late/Join
Jug/Check
Wire/Wheat
Walk/Thumb
Date/Near

**Dichotic Words – Right:
3 - Word Phrases – 1000 ms
Total Time – 00:58**

00:00 – I like balls/He is tall
Sleep at night/I went home
I see you/Wake at dawn
I type fast/Check the box
Smile for me/Water the plant

00:34 – Music is great/Eat the meal
Wear the shirt/Fill the bag
Hear the drum/Sing the song
Ship the box/Sit on top

**Dichotic Words – Right:
3 - Word Phrases – 500 ms
Total Time – 00:58**

00:00 – I love school/I like balls
Check the box/Hear the drum
He is tall/I went home
Sleep at night/I see you
She fell down/Ship the box

00:32 – Smile for me/Music is great
Water the plant/I type fast
Eat the meal/Fill the bag
I can read/Wear the shirt

**Dichotic Words – Right:
3 - Word Phrases – 300 ms
Total Time – 00:49**

00:00 – I see you/Smile for me
I went home/Music is great
She fell down/Water the plant
He is tall/Eat the meal
Sleep at night/Wear the shirt

00:29 – I type fast/Walk uphill
Wake at dawn/Fill the bag
Check the box/Hear the drum
Ship the box/I can read

**Dichotic Words – Right:
Spondee – 400 ms
Total Time – 00:51**

00:00 – Birthday/Toothbrush
Rainbow/Cupcake
Airplane/Jackknife
Bathtub/Blackboard
Headlight/Ice Cream

00:27 – Eyebrow/Schoolroom
Railroad/Door Bell
Backyard/Stairway
Baseball/Drug Store
Armchair/Hairbrush

**Dichotic Words – Right:
Spondee – 250 ms
Total Time – 00:51**

00:00 – Sidewalk/Playmate

Birthday/Rainbow

Cupcake/Toothbrush

Airplane/Bathtub

Headlight/Jackknife

00:25 – Blackboard/Ice Cream

Eyebrow/Schoolroom

Railroad/Backyard

Baseball/Doorbell

Stairway/Drug Store

**Dichotic Words – Right:
Spondee – 150 ms
Total Time – 00:42**

00:00 – Armchair/Hairbrush

Playground/Necktie

Doorstep/Mousetrap

Bedroom/Cowboy

Downtown/Daylight

00:25 – Meatball/Footstool

Sunshine/Pancake

Bird Nest/Football

Hot Dog/Blue Jay

**Dichotic Words – Right:
Single Word – 300 ms
Total Time – 01:11**

00:00 – Pool/Sharp
Vine/Wave
Chalk/Tall
Goose/Drum
Shout/Pen
Fat/Tape
Puff/Song
00:35 – Jar/Down
Reach/Bird
Rag/Look
Mowed/Far
Tip/Shut
Page/Hall
Raid/Drink
Raise/Wheel

**Dichotic Words – Right:
Single Wd – 200 ms
Total Time – 01:12**

00:00 – Sea/Sheep
Nails/Cause
Ache/Rat
Brand/Bar
Skin/Mouse
Bat/Talk
Coat/Higher
00:35 – Owl/Search
Shove/Luck
Shell/Cab
What/Rush
Dot/Five
Serve/Team
Ears/Pearl
Sit/Soup

**Dichotic Words – Right:
Single Word – 100 ms
Total Time – 01:11**

00:00 – Dead/Burn
Pad/Lot
Mill/Sub
Merge/Home
Juice/Dime
Keg/Which
Gin/Keen
00:33 – Nice/Yes
Numb/Boat
Chief/Sure
Gaze/Hurl
Young/Door
Keep/Kite
Tool/Sell
Soap/Nag

**Dichotic Words – Right:
Single Word – 0 ms
Total Time – 01:07**

00:00 – Germ/Rose
Thin/Dog
Name/Time
Ditch/Such
Tell/Have
Cool/Mob
Seize/Bone
00:30 - Dodge/Sale
Youth/Rough
Kit/Dip
Late/Join
Jug/Check
Wire/Wheat
Walk/Thumb
Date/Near