

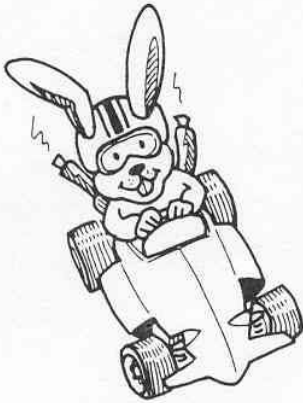
Funny Bunny's Better Ideas

Here's a quick-as-a-bunny activity that will give you some
smart-as-a-bunny ideas about ways you can make
your speech even better!



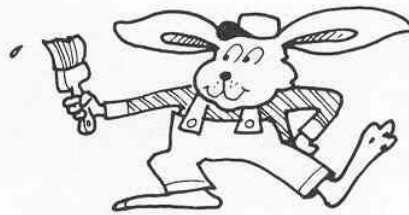
"Quick" and "smart",
and beautiful too!
That's me!

Funny Bunny



If words come out of your mouth faster than a speeding bullet.....you might want to try **feeling** yourself talk! This may sound wierd, but if you **feel** your speech, it will slow down magically. You won't have to think "Go slow!" all the time! And people will understand you much better if you **feel** your words when you're speaking. Try it! You'll see!

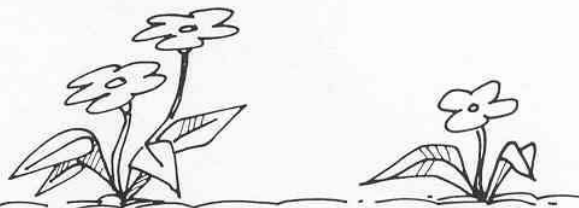
If you're the kind of person who paints your pictures 2 or 3 times (because you think you got it wrong the first time).....then you probably do the same thing with your speech! Everytime you start to say something over, whisper in your own ear, "Once is enough! If I didn't get it right the first time, then I'll get it right the next time I say it. But I'm not going to say it over right now! Once is enough!"



If you're the kind of person who always does what other people want to do (even if it's not fun for you)..... then sit down and make a list of things **you** like to do. Keep the list by your bed, and read it every morning before you go to school. Plan ways that **you** can do those things yourself. Then invite people to join you! **You** can be the leader!

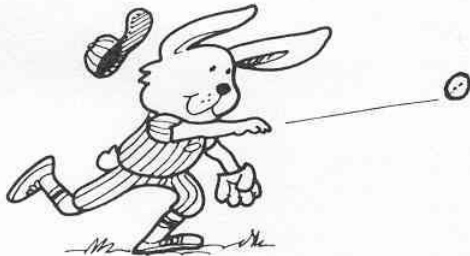


If you like to write notes to people (but you don't like to talk to them, because you might stutter).....then write down **one** thing you'd like to say to a particular person. Maybe it will just be a sentence, like "Hi! Wanta play jump-rope after lunch?" Then promise yourself that **if** you say that sentence to that person, you will get to watch an extra half-hour of TV that night! (You'll need to clear this idea with mom and dad, but we're betting they'll agree!)



Better Ideas

If you're the kind of person who gets excited about everything (and this makes you stutter up a storm!).....then ask your mom or dad, or Speech Teacher, to show you a video of weight-lifters! These people use enormous amounts of energy, but they move slowly and deliberately. They are strong, but not in a hurry! You can learn to control your energy like that. You can learn to be excited, without getting in a hurry! It's the getting in a hurry that hurts your speech. It's OK to feel excited!



If you're the kind of person who thinks "I'm real good at sports, so I don't have to talk very much!".....then count how many friends you have at school, at home, and on the ballfield. Then say to yourself "I'm good at sports, but I want to be good at speaking too! So, I'm going to make a new friend every week." You feel good about sports because you've practiced and learned to perform well. You can feel that way about your speech too!



If you're the kind of person who is afraid of new things (even when they're fun).....then make a special chart, put it on the wall in your room, and award yourself a big star every time you think of a new thing to do! Soon you'll look forward to doing new things!

If you're the kind of person who thinks you're not very cute.....well, just take our word for it.....you're gorgeous darlin' !



If you're the kind of person who worries about which words you're going to stutter on when you read..... then make a list of those words. Show the list to your mom, or dad, or your Speech Teacher. They will help you practice them until you feel good about saying them! No more worries!



Funny Bunny's Practice Song

Funny Bunny sure felt funny
when he was so small
that everything was hard to do
and baskets were so tall.

But Funny Bunny told himself
"If just one time today
I try my best, then all the rest
will come to me someday."

"I will grow up, I will be strong,
I will! Just wait and see!
Inside this Funny Bunny small
There lives a Star-to-be!"

