

Päivä kerrallaan - everyday communication

This worksheet, designed by speech and language therapist Ulla Sergejeff, helps you explore what a person with a speech impairment can say and how they can make choices and influence everyday situations. Write your observations on the printed worksheet or in your own notes.

Original title: Päivä vaan ja hetki kerrallansa ("One day and one moment at a time").

07:00 Waking up

What opportunities are there to communicate? Expressing objections? Saying hello? Asking how someone slept? What do you say at this time of day?

07:00-08:00 Morning routine: toilet, breakfast, clothes

What would you like to eat? Tea or coffee? What shall we wear today? Make-up? Aftershave? What do you say?

08:15 Leaving for nursery, school, a day centre or work

How are we getting there? Which taxi is coming? Shall we take our own car? Shall we take the bus? What about the climate impact? What do you talk about?

08:30 At nursery, school, a day centre or work

Saying hello. Introducing yourself to new people if needed. How are you? You will never guess what happened last night! The day's schedule. What we will be doing. Your own tasks. What do you discuss?

11:30 Lunch

Will you help yourself? What can you choose? Enjoy your meal! This is delicious. I do not feel like eating much today. Catching up over lunch. What do you talk about?

12:00-13:30 Rest time

Story time at nursery. Work continues. A new allocation of tasks. How did the morning's work go? What shall we do next? Making comments and asking questions. What do you talk about?

13:30-16:00 Afternoon snack, continuing activities, time outdoors

What choices are there for a snack? Explaining what is available. Oh no, I have always hated/loved that! It tastes best when Grandma makes it. Do you like it? What shall we do next? What is the weather like? What clothes do we need? And so on. What do you talk about?

Around 16:00-17:00, going home

How are you? What was your day like? What did you do? Who did you play, work or spend time outdoors with? What shall we eat? What do you discuss?

18:00 Dinner

Yuck, I do not like it! Then do not eat it, but do not complain. Do we have to have this vegetarian food? It helps the climate. More news about the day. What shall we do this evening? What do you talk about?

18:30-19:30 Time outdoors

Going shopping? Playing games? Lounging on the sofa? Exercising? Chatting? Doing the laundry? School homework? What do you do and what do you say about it?

19:30-20:30 Evening snack and bedtime routine

What shall we have for an evening snack? I want apple juice! What can you choose? What does the bedtime routine involve: toilet, shower, teeth, pyjamas? What do you do and talk about?

20:30 Going to bed

A bedtime story if there are children. What music would you like to listen to? Shall we leave the night light on? Bring me some water. No more water, you will wet yourself. Yes, I want some! Time to sleep now. Good night! What do you talk about?
