Learning to Speak AACtion Plan

A systematic approach to learning an augmentative and alternative communication (AAC) language system.
If you are in the world of AAC, you’ve probably heard of aided language input (also called modeling and aided language stimulation). The field of AAC as a whole agrees that aided language input is an important strategy to integrate into your AAC implementation.

In fact, if your child/client has a form, any form, of AAC, immersing that individual in the language that you expect him/her to speak is the most important thing you can do.

Isn’t that great news? As someone who wants to support the AAC user(s) in your life, you can implement the most important support with absolutely no pressure on THEM. You have complete control over the amount of aided language input that YOU provide each day. THEY don’t have to cooperate. THEY don’t have to touch the device... and they especially don’t need you to pull their hand over and force them to activate a button! THEY don’t even have to appear to be paying attention.

If you’re going to teach, you have to know more or different information than the learner.

So, here’s a plan. An organized, streamlined, effective plan for speaking AAC in 10 minutes (or less) each day. It’s a system that may already be familiar to you, and you can start right now, regardless of where you are in your AAC journey.

**Here’s the plan:**
You know how there are mini lessons for kids to learn their spelling words each night? Well, let’s try that type of targeted approach for parents/professionals to learn to speak AAC so that you can begin modeling this week.

There will be 5 words a week. Each day of the week, the mini-lesson practice schedule is the same.

*Monday: Get acquainted with the new words:* Find (and open) each of the 5 words

*Tuesday: Cement the motor plan into your memory for each word:* Say each word 5 times in a row.

*Wednesday: Generalize the location of the words by changing the order:* Say the words alphabetically.

*Thursday: Use the words functionally:* Say 3 phrases/sentences making sure each of the words is used at least once

*Friday: Test yourself!* I’ll post 3 sentences using the words from that week (and the previous weeks) and you say them (without using the search feature).

The weekends are for make ups and more modeling attempts.

Additionally, with the way this resource has been created, you can go back over the next 12 weeks and target the levels above the ones you’ve targeted during the initial 12 weeks. If you started at Step 1, this plan can keep you busy learning vocabulary all year! Check out the week by week blog posts on our website: https://www.speakforyourself.org/learning-to-speak-aaction-plan/learning-to-speak-aac/

Hope this helps you and the AAC users in your life!
Feel free to contact me if you have changes or questions.
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Info@speakforyourself.org

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Learning to Speak AACtion Plan

<table>
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<tr>
<th>Day of the week</th>
<th>Practice lesson</th>
<th>Notes</th>
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<tr>
<td>Monday</td>
<td>Find (and open)* each of the 5 words</td>
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<tr>
<td>Tuesday</td>
<td>Say each word 5 times in a row.</td>
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<tr>
<td>Wednesday</td>
<td>Say the words alphabetically.</td>
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<tr>
<td>Weekends</td>
<td>Make ups and modeling attempts**</td>
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</table>

*If your AAC user may be overwhelmed by a lot of new vocabulary because of visual or fine motor difficulty, you may want to add a new user to your child's app/device, import a copy of the child's setting and practice there. Of course you can also practice on a different iPad if that's an option.

** When you notice yourself verbally saying one of the weekly words in front of your child, touch it on his/her device as well. As soon as you do that, you've modeled/used aided language input!

---

**Learning to Speak AAC**

**What do you say?**

- I have no idea where to start.
- I already know the first step words.
- The 1st and 2nd step words are easy.
- Challenge me!

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Learning to Speak AACtion Plan: Week 1

**What do you say?**

Choose the step that best describes how you feel about modeling on an AAC device.

- **I have no idea where to start.**
  - eat
  - drink
  - stop
  - go
  - more

- **I already know the first step words.**
  - chips*
  - water*
  - it
  - away
  - please

- **The 1st and 2nd step words are easy.**
  - hungry
  - thirsty
  - all done
  - leave
  - again

- **Challenge me!**
  - feed
  - it
  - refill
  - drink
  - finished
  - chips*
  - move
  - please
  - another
  - water*

*feel free to substitute a different noun that’s a favorite of your child's/client's.

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Learning to Speak AACtion Plan

Test Yourself sentences

Week 1

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

STEP 1
Eat more.
Stop eat(ing).
Go drink more.

STEP 2
Go away please!
Eat more chips*.
It drink(s) water*.

STEP 3
Thirsty, drink water please.
Hungry, eat chips again.
Leave it, all done.

STEP 4
It hungry, feed it.
Move please, go drink another water.
Finished chips, all done eat(ing).

Now celebrate! You're combining words in less than a week! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!
Learning to Speak AACtion Plan: Week 2

What do you say?

Choose the step that best describes how you feel about modeling on an AAC device.

I have no idea where to start.

I already know the first step words.

The 1st and 2nd step words are easy.

I want help now that mine do

I need fix don't give make

What do you say?

I have no idea where to start.

I already know the first step words.

The 1st and 2nd step words are easy.

Challenge me!

I want help now that mine do

I need fix don't give make

I wish toy* open that do nothing now my toy* help me build

*feel free to substitute a different noun that's a favorite of your child's/client's.

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Learning to Speak AACtion Plan
Test Yourself sentences
Week 2

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**
Stop! Do not want help.
Go eat mine.
Do not drink more.

**STEP 2**
Want that toy* now please!
Help me drink some water*.
That toy* not mine.

**STEP 3**
Not thirsty now, don't give me water*.
Please don't make me eat that.
Need some help fix(ing) that toy?

**STEP 4**
Help me build my toy* now, go open that please.
Wish give me another toy* that toy need(s) fix(ed).
Want do nothing now, please don't make me!

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! Look at those sentences after only 2 weeks! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!
Learning to Speak AACtion Plan: Week 3

**What do you say?**

Choose the step that best describes how you feel about modeling on an AAC device.

- I have no idea where to start.
- I already know the first step words.
- The 1st and 2nd step words are easy.
- Like bathroom it turn again
- Activity* break is around ready
- Favorite walk this change same
- Enjoy this activity* take bathroom break my favorite thing want another turn

*feel free to substitute a different noun that's a favorite of your child's/client's.

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Learning to Speak AACtion Plan
Test Yourself sentences
Week 3

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**
Like it! Do it again!
Want go bathroom.
Do not turn it again!

**STEP 2**
Help me turn it around please.
Is it ready now?
Want break, do that activity* please.

**STEP 3**
Do this same activity* again.
Please change activity*, want favorite toy*
Walk away, give me break.

**STEP 4**
Enjoy this activity, it is my favorite thing.
Take another turn, spin that around!
Need bathroom break now!

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! Look at those sentences after only 3 weeks! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!
Learning to Speak AACtion Plan: Week 4

What do you say?

Choose the step that best describes how you feel about modeling on an AAC device.

- I have no idea where to start.
- I already know the first step words.
- The 1st and 2nd step words are easy.

What do you say?

to come look get play

home* here there together game*

at stay see buy jump

Challenge me!

come through to see meet at home

Watch me! Bring that here! fun get together

*feel free to substitute a different noun that's a favorite of your child's/client's.
Learning to Speak AACtion Plan
Test Yourself sentences
Week 4

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**
Want to come look?
Play it again!
Go get it.

**STEP 2**
Want to go to the home game?
Ready to go there together?
Here is that game*.

**STEP 3**
Want to stay at home to play.
Like to see me jump?
Buy that toy* now please.

**STEP 4**
Come through here to watch me.
Meet me here, bring that toy.
This is fun!

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! Look at those sentences after only 4 weeks! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!

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Learning to Speak AACtion Plan: Week 5

Choose the step that best describes how you feel about modeling on an AAC device.

**Challenge me!**

**What do you say?**

I have no idea where to start.

I already know the first step words.

The 1st and 2nd step words are easy.

What do you say?

- put on
- off
- I
- you

- place*
- top
- take
- know
- can

*feel free to substitute a different noun that's a favorite of your child's/client's.

- sit
- open
- close
- we
- your

- carry that here. Put it next to that toy. I like to go outside. I do it myself. Do it yourself!

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Learning to Speak AACtion Plan
Test Yourself sentences
Week 5

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**
- Turn it on again.
- Do you want it off?
- I want you to put it on.

**STEP 2**
- Can you put that on top?
- I know I can take it to that place*.
- Take mine away please.

**STEP 3**
- We can open your toy* together.
- Can you sit on that?
- Close it to turn it off.

**STEP 4**
- Carry that here to put it on top.
- You can put it next to that toy* yourself.
- I can take it outside myself.

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! Look at those sentences after only 5 weeks! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!
Learning to Speak AACtion Plan: Week 6

What do you say?

Choose the step that best describes how you feel about modeling on an AAC device.

The 1st and 2nd step words are easy.

I have no idea where to start.

I already know the first step words.

What do you say?

The 1st and 2nd step words are easy.

I have no idea where to start.

I already know the first step words.

*feel free to substitute a different noun that's a favorite of your child's/client's.
Learning to Speak AACtion Plan

Test Yourself sentences

Week 6

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**
Do you feel like you need a break?
Get up to come look.
Turn it down more.

**STEP 2**
I want more time to play the game*.
Come over here to feel happy.
Put it under there.

**STEP 3**
We need to cut it below there.
Don't make me sad. Call me.
Leave it above that.

**STEP 4**
Ask me to come over, it is time to relax.
Please don't touch the top of that again.
I put it on the bottom.

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! Look at those sentences after only 6 weeks! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!
Learning to Speak AACtion Plan: Week 7

What do you say?
Choose the step that best describes how you feel about modeling on an AAC device.

I have no idea where to start.

I already know the first step words.

The 1st and 2nd step words are easy.

What with in out done

are friend* home* later already

which and inside outside enough

Who are your friends? Is that for later? Go this way! Left with a friend. It is full.

*feel free to substitute a different noun that's a favorite of your child's/client's.
Learning to Speak AACtion Plan
Test Yourself sentences
Week 7

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**
What do you like with it?
Stop in to drink.
Get it done to go out.

**STEP 2**
What are you do(ing) later?
I already know that.
Can I go home* with friend*?

**STEP 3**
Which do you want to take outside?
Come inside and eat now.
Make enough to give your friend* some.

**STEP 4**
Who are you going out with later?
We left to go for (a) walk this way.
You are full already?

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! Look at those sentences after only 7 weeks! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!
Learning to Speak AACtion Plan: Week 8

What do you say?

Choose the step that best describes how you feel about modeling on an AAC device.

- I have no idea where to start.
- I already know the first and second step words.
- The 1st and 2nd step words are easy.

What do you say?

- favorite read music love fun
- name of: show book, song, person, toy
- best book song family character's name

Like it most I can learn to read! Sing me that song. My family is awesome! Elmo* is my favorite!

*feel free to substitute a different noun that's a favorite of your child's/client's.
Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**
Put on fun music* again!
Sit down and read (my) favorite.
I love you more.

**STEP 2**
(Person's name) is home read(ing) (name of book).
Can you turn on (name of show)?
(Name of toy) plays (name of song) over there.

**STEP 3**
(Name of book) is the best book.
Call your family and play the song.
(Character name) is on (name of show).

**STEP 4**
Sing my favorite song please.
I learn the most outside.
My awesome family is at home.

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! Look at those sentences after 8 weeks! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!
Learning to Speak AACtion Plan: Week 9

What do you say?

I have no idea where to start.

I already know the first step words.

The 1st and 2nd step words are easy.

What do you say?

tired excited am sleep let

of about so bed* animal*

bored great was relax could

That exhausted me. It is amazing! You were bored. Need to rest I'm not allowed.

Choose the step that best describes how you feel about modeling on an AAC device.

*feel free to substitute a different noun that's a favorite of your child's/client's.

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Learning to Speak AACtion Plan
Test Yourself sentences
Week 9

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**

I am tired.
I can let you sleep.
Do you feel excited?

**STEP 2**

I am excited about (Person's name) coming.
Do you let that animal sleep in bed*?
I am so tired of (name of show).

**STEP 3**

I was tired and bored there.
Could you relax with me?
(Name of book) was a great book!

**STEP 4**

I'm not allowed to eat that.
That exhausted me, and I need to rest.
I know you were excited! It was amazing!

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! Look at those sentences after 9 weeks! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!
Learning to Speak AACtion Plan: Week 10

What do you say?

Choose the step that best describes how you feel about modeling on an AAC device.

- I have no idea where to start.
- I already know the first step words.
- The 1st and 2nd step words are easy.

What do you say?

- all try work time have
- gone easy hard today sports*
- every taste use yesterday hold
- have a lot to do do my best It is a job. tomorrow we can my own time

*feel free to substitute a different noun that's a favorite of your child's/client's.
Learning to Speak AACtion Plan
Test Yourself sentences
Week 10

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**
Try to read it all.
Get work done to go out.
Do you have time to have fun?

**STEP 2**
Is it gone already?
Today I am play(ing) sports*.
Work is easy. I try hard to read.

**STEP 3**
Yesterday you wanted to use my (name of toy).
Please taste some and you can get up.
I am on hold every time I call.

**STEP 4**
I can do my best to have it done tomorrow.
I have a lot to do at my job today.
Do you own that game*?

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! Look at those sentences after 10 weeks! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!
Learning to Speak AACtion Plan: Week 11

**What do you say?**

Choose the step that best describes how you feel about modeling on an AAC device.

- **I have no idea where to start.**
- **I already know the first step words.**
- **The 1st and 2nd step words are easy.**
- **Why did you do that? Drive me anywhere! Can it move? Because I am sure don't want clothes.**

*feel free to substitute a different noun that's a favorite of your child's/client's.*
Learning to Speak AACtion Plan
Test Yourself sentences
Week 11

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**
- Look what I have for you to wear.
  - When do you want to go for (a) ride?
  - I do not need any sleep.

**STEP 2**
- Sure you can ride in that car*.
  - Do you ever have any hard candy*?
  - Put the shoes* away please.

**STEP 3**
- Where could I drive?
  - Is anything as fun as (name of toy)?
  - Tie my shoes please.

**STEP 4**
- Why did you move it?
  - Anywhere you want to drive is great for me!
  - I go because I like to buy clothes.

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! Look at those sentences after 11 weeks! You're ready to show off for the AAC users in your life! Here's to a weekend full of modeling!
Learning to Speak AACtion Plan: Week 12

Challenge me!

I have no idea where to start.

I already know the first step words.

(choose a color) something movie*
seem night*

color find
different
sick good

The 1st and 2nd step words are easy.

draw think
new hurt better

What do you say?

Paint with me. Help me reach it. You are exceptional! I am in pain. I feel fine.

*feel free to substitute a different noun that's a favorite of your child's/client's.

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Learning to Speak AACtion Plan
Test Yourself sentences
Week 12

Choose the Step you've been targeting this week and say each sentence using your child/client's AAC system.

**STEP 1**
Help me find (a) different color please.
I am sick. I need sleep.
I feel good when I go out.

**STEP 2**
Yellow* shoes* are fun!
You seem happy about that movie*.
It is a good night* to do something.

**STEP 3**
Can you think of and draw a new animal*?
I could get hurt play(ing) sports*.
Is anything better at work?

**STEP 4**
Tell me when you are in pain.
I feel fine when I paint.
You can reach it because you are exceptional!

*Feel free to substitute a different noun that's a favorite of your child's/client's

Now celebrate! You've completed all 12 weeks of the Learning to Speak AACtion Plan! Look at those sentences after 12 weeks! You're ready to show off for the
# Learning to Speak AACtion Plan Master List

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<td>Carry that here</td>
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<td>top</td>
<td>open</td>
<td>Put it next to that toy*</td>
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<td>off</td>
<td>take</td>
<td>close</td>
<td>I like to go outside.</td>
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<tr>
<td>I</td>
<td>know</td>
<td>we</td>
<td>I do it myself</td>
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<td>Don't touch that!</td>
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<td>cut</td>
<td>Time to relax!</td>
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<td>On top of that</td>
</tr>
<tr>
<td>down</td>
<td>under</td>
<td>below</td>
<td>On the bottom</td>
</tr>
<tr>
<td>Week 7</td>
<td>what</td>
<td>are</td>
<td>which</td>
</tr>
<tr>
<td>with</td>
<td>friend*</td>
<td>and</td>
<td>Is that for later?</td>
</tr>
<tr>
<td>in</td>
<td>home*</td>
<td>inside</td>
<td>Go this way</td>
</tr>
<tr>
<td>out</td>
<td>later</td>
<td>outside</td>
<td>Left with the friend</td>
</tr>
<tr>
<td>done</td>
<td>already</td>
<td>enough</td>
<td>It is full</td>
</tr>
<tr>
<td>Week 8</td>
<td>favorite</td>
<td>(name of show)</td>
<td>best</td>
</tr>
<tr>
<td>read</td>
<td>(name of book)</td>
<td>book</td>
<td>I can learn to read.</td>
</tr>
<tr>
<td>music*</td>
<td>(name of song)</td>
<td>song</td>
<td>Sing me that song.</td>
</tr>
<tr>
<td>love</td>
<td>(person's name)</td>
<td>family</td>
<td>My family is awesome!</td>
</tr>
<tr>
<td>fun</td>
<td>(name of toy)</td>
<td>(character name)</td>
<td>Elmo* is my favorite!</td>
</tr>
<tr>
<td>Week 9</td>
<td>tired</td>
<td>of</td>
<td>bored</td>
</tr>
<tr>
<td>excited</td>
<td>about</td>
<td>great</td>
<td>It is amazing!</td>
</tr>
<tr>
<td>am</td>
<td>so</td>
<td>was</td>
<td>You were bored</td>
</tr>
<tr>
<td>sleep</td>
<td>bed*</td>
<td>relax</td>
<td>Need to rest</td>
</tr>
<tr>
<td>let</td>
<td>animal*</td>
<td>could</td>
<td>I'm not allowed</td>
</tr>
<tr>
<td>Week 10</td>
<td>all</td>
<td>gone</td>
<td>every</td>
</tr>
<tr>
<td>try</td>
<td>hard</td>
<td>taste</td>
<td>Do my best</td>
</tr>
<tr>
<td>work</td>
<td>easy</td>
<td>use</td>
<td>It is a job.</td>
</tr>
<tr>
<td>Step 1</td>
<td>Step 2</td>
<td>Step 3</td>
<td>Step 4</td>
</tr>
<tr>
<td>-------------</td>
<td>--------------</td>
<td>--------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>time</td>
<td>today</td>
<td>yesterday</td>
<td>Tomorrow we can</td>
</tr>
<tr>
<td>have</td>
<td>sports*</td>
<td>hold</td>
<td>My own time</td>
</tr>
<tr>
<td>Week 11</td>
<td>when</td>
<td>ever</td>
<td>Where</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Why did you do that?</td>
</tr>
<tr>
<td>any</td>
<td>candy*</td>
<td>anything</td>
<td>Drive me anywhere!</td>
</tr>
<tr>
<td>ride</td>
<td>car*</td>
<td>drive</td>
<td>Can it move?</td>
</tr>
<tr>
<td>for</td>
<td>sure</td>
<td>as</td>
<td>Because I am sure</td>
</tr>
<tr>
<td>wear</td>
<td>shoes*</td>
<td>tie</td>
<td>Don’t want clothes</td>
</tr>
<tr>
<td>Week 12</td>
<td>color</td>
<td>(choose a</td>
<td>Paint with me</td>
</tr>
<tr>
<td></td>
<td></td>
<td>color)*</td>
<td></td>
</tr>
<tr>
<td>find</td>
<td>something</td>
<td>think</td>
<td>Help me reach it.</td>
</tr>
<tr>
<td>different</td>
<td>movie*</td>
<td>new</td>
<td>You are exceptional!</td>
</tr>
<tr>
<td>sick</td>
<td>seem</td>
<td>hurt</td>
<td>I am in pain.</td>
</tr>
<tr>
<td>good</td>
<td>night*</td>
<td>better</td>
<td>I feel fine.</td>
</tr>
</tbody>
</table>

*feel free to substitute a different noun that’s a favorite of your child's/client's