



## Re-learn precise speech → **poems**

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**Rehabilitation task : fine vocalization of speech sounds and articulations.**

**Effect on my rehabilitation case : re-learning certain precise speech sounds and all articulations.**

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### Practice details

Practice time period : 4 months

Daily practice : 4-6h

### Comments

**Earlier rehabilitatory use of poems on my part would have been premature.**

They were very efficient to consequently improve the pronunciation of most speech sounds and articulations. However, I had spent years and the first phase of "speech pure rehabilitation" before I used them.

I do not translate the French version of this document which has to do with poems in the French language. However, I give a few suggestions for poem selection for rehabilitation in another language than French. Poems used in that setting must :

- have been written in the end of the XIX<sup>th</sup> century and in the XX<sup>th</sup> century  
Poems written earlier present strong temporal biases that render their reading out loud for consecutive hours unpleasant.
- not have too structured a form  
(I refer in the French version of this document to “*alexandrins*”, 12-foot verses, which must be avoided at all costs)  
If the structure of a poem is too strong, it will distance the speech of the person who wants to rehabilitate from “dynamic”, conversational speech.

A good way to obtain poems adequate for speech rehabilitation is to purchase “compilations” of poems, rather than poetry books as they were initially published.

In France, there is a national examination when schoolgirls/boys are 17. In the French version of this document, I suggest the manual used to prepare this examination.