



Family Chapters Activity Guide

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Values Cube



Description

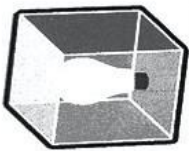
The purpose of this activity is to discuss our values and how these are separate from our behaviors when we stutter. Discussing values can help chapter attendees become more confident in knowing who they are (their identity). Sometimes stuttering becomes so central we forget about who we really are, and what we have to offer, and what we DO offer through our values.

Steps

- Print multiple copies of the Values Cube (on the next page).
- Begin a basic discussion about values -
 - What are values?
 - What does this mean to you?
 - Why are these important?
- What do they say about us?
- How do these drive our behavior?
- If some attendees are unclear about values, provide them with some examples.
- Begin answering the prompts on the cube. Have younger children draw if it's easier for them. (Ex: How do you want to be as a friend? They may draw someone helping another person.)
- The group discussion should open conversation about how our values drive our ACTIONS. If someone desires to be a kind friend, help them think of ways that they are a kind friend and ways that they can continue to be kind to others.
- Discuss how stuttering can sometimes get in the way of who we really are and who we want to be (our values). Because our values are personal and integral to who we are, we can discuss committing to these values and not letting stuttering get in the way of showing our true selves and offering that with others.
- Discuss ways we can commit to being our true selves (e.g., the person values being friendly, but is sometimes unfriendly because they fear stuttering). How do we bring our values to the forefront and make stuttering an afterthought?

Supplies

Values Cube (print multiple copies)



CREATE-YOUR-OWN CUBE

Cube created by:
Sandra

Cut along the outside edges of your Cube. Then, fold along the dotted lines, making sure that your typed information stays on the outside. Tape the sides together to make a cube.

What matters to me for fun, interest, leisure?

fold

How do I want to be as a family member?

fold

How do I want to be as a friend?

How do I want to be as a student/learner?

How do I want to be physically?

What else matters to me?

fold

fold

readwritethink



International Reading Association



National Council on Education

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Left Center Right

Teens

Description

This is a dice game that you can purchase at Walmart or Target. Please use chips instead of money, but you could also play with coins. This is a very fun game that teens enjoy playing again and again! Directions are provided in the game.



SUPPLIES

Purchase *Left Center Right*. Buy prizes, bring poker chips or coins.

Green Glass Door

NSAKids

Teens

Description

This is a riddle game to play with a minimum of 3 players. Attendees try to solve the riddle by asking questions.

Steps

Tell attendees that only certain things can fit through the green glass door. Then, give them examples:

- A kitten, but not a dog.
- A sheep, but not a cow.
- Teeth, but not smiles.

Next, attendees will ask questions to see what would fit through the green glass door. The first person to figure out the pattern wins.

The pattern? (It's any word that has double letters... green, glass, door!)

Design a T-Shirt

NSAKids

Teens

Description

Pretend attendees are creating their very own NSA t-shirt.

- What would it look like?
- What would you what it to say?
- What message do you want to shirt to share with anyone who sees it?
- Would there be words?
- Would there be pictures?

Let everyone be creative and design the back of a new chapter t-shirt. Then share and discuss.

Supplies

Sheets of paper, colored pencils.

Bring a Friend

NSAKids

Teens

Family

Description

Select a specific upcoming Chapter Meeting and encourage everyone to bring a friend! Plan ahead to play games, have snacks and talk about stuttering.

Fishbowl

Teens

Description

This is a guessing game that incorporates Catchphrase, charades, and another twist

Steps

- Everyone writes three "things" on slips of paper. This can be almost anything -- TV shows, movies, common nouns, verbs, places, songs, etc. Whatever someone writes down needs to be commonly known things.
- All slips of paper go into a large bowl.
- Attendees form two teams.
- In the first round (which could be timed), each person describes 3 items without saying the word (or as many as they can in 30 seconds).
- In the second round, all the same words are put back into the fishbowl. For this round, each attendee acts out as many as their team can guess in 30 seconds.
- In the third round, all words are back in the fishbowl again, and this time each participant gives a one-word clue about as many items as they can in 30 seconds.

Supplies

Slips of paper, pens, large bowl.

Two Truths and a Lie

NSAKids

Teens

Description

Two Truths and a Lie is always a fun way to get people laughing and talking at the start of a Chapter Meeting. Attendees tell two truths and one lie. The object of the game is to determine which statement is false.

Steps

- Give everyone a small index card.
- Have them write 3 things about themselves. (Two must be true statements, and one must be a lie.)
- Choose outlandish or unusual things (ex. I once raised chickens).
- Take turns reading them out loud and pretending they are all true.
- The others guess which one statement is a lie.
- It's a fun way to get to know others, especially when you introduce yourself at the same time.

Supplies

Index cards, pens, lots of creativity.

What's Your Superpower?

NSAKids

Teens

Description

The basis of this activity is to discuss superpowers. Every person has a superpower, including people who stutter. George Springer is one of the world's best baseball players. He's won a World Series title with the Houston Astros. George is a person who stutters who also has superpowers.

Video

Stream this video on your laptop, tablet, or phone.

George Springer video: <https://www.youtube.com/watch?v=B8sUD-vH9vM>

STEPS

- Show everyone the video of George Springer.
- To start the discussion, have the kids share what George's superpower is.
- Be prepared to have the kids go beyond saying George's superpower is his bravery or courage. Expect the kids to say George's stutter is his superpower.)
- Next, ask each child to talk about what their superpower is and why they feel that is their superpower.
- Then, have the kids create their very own Superhero mask using paper plates, construction paper, colored pencils/markers, and other arts/crafts items.

Supplies

Laptop or tablet, Wi-Fi access. Paper plates and/or construction paper, colored pencils and/or markers. Various craft items such as popsicle sticks, glue, pre-cut shapes, stickers, etc.

Pumpkin Carving

NSAKids	Teens	Family
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Description

Who doesn't like carving a pumpkin on Halloween? (No one. And that's why this is such a fun activity.)

Steps

- If possible, partner a Teen attendee with an NSAKids attendee.
- Have them work together to design and carve a pumpkin.

Supplies

Pumpkins, markers, plastic table covering, pumpkin carving tools, trash bags.

#WeStutter

NSAKids	Teens
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Description

To coincide with National Stuttering Awareness Week (early May) or International Stuttering Awareness Day (October 22nd), paint a banner that reads: WE STUTTER. It's a fun activity that sparks creativity and conversation.

Steps

- Get a large banner-sized piece of paper.
- Pre-write WE STUTTER to save time for the group activity.
- Have all attendees color in the words.
- Have all attendees write something they like about themselves on the banner.
- Get everyone to sign the banner.
- Be sure to take a picture when finished with everyone who participated, post to the NSA Chapter Leaders FB page, and send to stephanie@westutter.org so we can share it with the stuttering community.

Supplies

Large roll of paper, markers, paint.



Teamwork is Dreamwork!

NSAKids

Teens

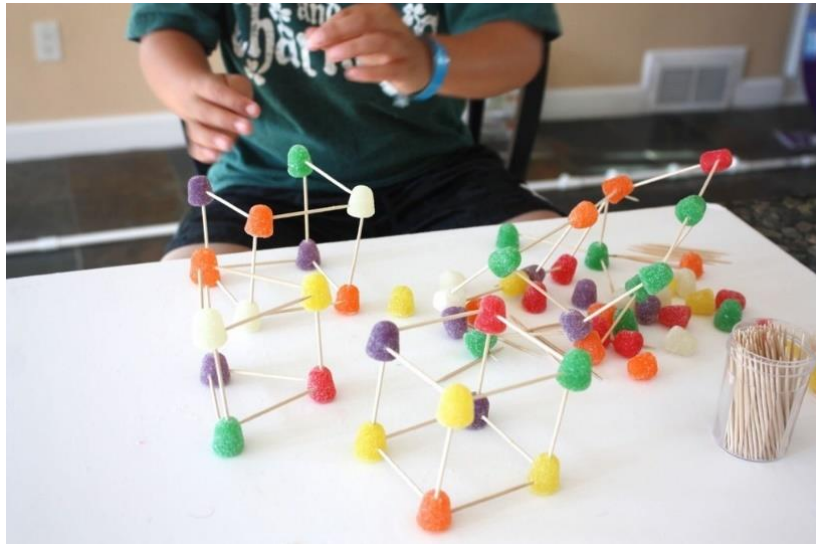
Family

Description

This is a fun, collaborative activity with each team competing to build a simple structure using pieces of Dots candy and toothpicks.

Steps

- Using 1 box of Dots and Toothpicks, pre-build a structure for attendees to recreate at the chapter meeting.
- Hide the pre-built structure behind a small barrier (very large book, opaque screen, curtain, etc.).
- Split attendees into small teams (minimum of 2 people per team).
- Each team selects 1 “runner” with the rest of the team members being “builders.”
- Decide the amount of time each “runner” can peek at the pre-built structure (:15 secs, :30 secs) and the number of peeks (2 peeks, 3 peeks, or more).
- Decide how much time the teams are allowed to recreate the structure.
- When time is up, compare the structures each team built with the pre-built structure.
- Have a conversation about what went well, what was easy, what was challenging, etc.



About Me!

NSAKids

Teens

Description

Help your chapter get to know each other with M&Ms! This is a simple ice breaker that is proven to be a great way to get people talking and sharing interesting things about themselves.

Steps

- Before the Chapter Meeting, write down six "About Me" topics. (Each topic will correspond to a M&M color – brown, orange, red, green, yellow, and blue.)
- Sample "About Me" topics are: (1) a place you'd like to travel; (2) a celebrity you would have a meal with (3) favorite color; (4) a unique trait; (5) what you want to be when you grow up; (6) favorite food.
- Assign an "About Me" topic to a M&M color.
- Write the color and its assigned "About Me" topic on a board of your meeting room or a visible piece of paper.
- Randomly hand out a few M&Ms to each person.
- Have everyone stand in a circle.
- Pick someone to start and they will select one M&M from their hand and state their "About Me" information that goes with the color of the M&M in their hand.
- Each person says one thing, clockwise around the circle, and then starts over with the next color M&M in their hand.
- Continue until everyone has used up the M&Ms in their hand, you run out of time, or your conversation naturally leads somewhere else.
- Eat the M&M after sharing your "About Me" information!

Supplies

1 bag of M&Ms (any multi-color candy will do), white board or another way to visibly display what the "About Me" colors stand for.

Bullying and Teasing Role Play

NSAKids

Teens

Description

Role-play different scenarios for dealing with bullying and teasing. Discuss the difference between bullying and teasing with your group.

Steps

- Brainstorm all different ways that a child can respond to a bully.
- Encourage acceptable ways AND unacceptable ways to respond because it's important to talk about the best and worst ways to respond when bullied.
- Have children break into small groups of about 3 people and role play one of the situations discussed (or people can come up with their own situation).
- Provide ideas or help to children/groups who need it.

- Have each group come to the front and perform their short role play activity.
- After each performance, discuss with the whole group what the situation was that they were portraying, and what they can take with them to use in their day-to-day interactions.

Supplies

White board or flip chart to write down the difference between bullying and teasing, and the responses for bullying.

NSA Bingo!

NSAKids	Teens
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Description

This is a fun BINGO game to learn unique facts about your Family Chapter attendees.

Steps

- Make a BINGO sheet for each person in your group.
- Each square should have a different piece of information that could be a trait of someone.
- Traits could be a defining characteristic of the person (e.g., has 2 siblings, likes dogs, etc).
- Have all attendees mingle about to find people who can sign off on each square.
- This game would be a good icebreaker activity to learn about each other, or you could also make it competitive by giving a prize to whoever fills their card first.

Supplies

Create “Personal BINGO” cards. (See the example below.)

B	I	N	G	O
Traveled to another country	Cannot whistle	Is wearing blue	Plays an instrument	Goes to speech therapy
Likes pepporoni pizza	Doesn't drink coffee	Has a sister	Was born in the same month as you	Can do 10 push-ups right now
Has read all the Harry Potter books	Already has their Halloween costume planned	FREE	Has 2 or more pets	Is wearing socks right now
Is an only child	Was born in another state or country	Can sing a song right now	Has the same favorite dessert as you	Has never broken a bone
Can speak another language	New to this Family Chapter	Is left handed	Favorite color is purple	Has a brother

Just for Parents

Parents

Description

Parents can learn a lot from having more “serious” topics during a monthly Family Chapter Meeting. This gives parents the opportunity to ask questions they may not be comfortable asking in front of their child.

Steps

- Host a chapter meeting planned with a specific Kids/Teens activity with at least two people leading them.
- Start your meeting as a large group with everyone in the same room. Consider sharing pizza, drinks and the Opening Words.
- Split the group up with the kids/teens doing their pre-planned activity and have parents go to a separate room or location on premises, if possible.
- Invite a special guest to facilitate a parents-only conversation – an SLP, adult who stutters or an older teen/young adult who stutters. Discussion topics may include –
 - IEPs
 - Teaching your child to advocate for themselves.
 - Navigating various stages of school.
 - Is it OK to take a break from speech therapy?

I Am the One!

Teens

Description

This is a great activity to get the kids to talk with each other and advocate for themselves. It's a lot of fun but be warned – it can get LOUD!

Steps

Below are some ideas of statements to use to get the Teens "arguing" or advocating that they are the 'one' who most recently completed this task. Feel free to come up with some of your own. If they can convince the group, award them with a prize - \$10 Amazon gift card or a gift card to a local shop:

- I am the one who most recently saw a bear.
- I am the one who most recently saw a snake.
- I am the one who most recently FINISHED reading a book.
- I am the one who most recently bought a new pair of shoes.
- I am the one who most recently did something nice for someone.
- I am the one who most recently told someone I stutter.
- I am the one who most recently refused to let someone make me angry.
- I am the one who most recently did a class presentation.
- I am the one who most recently helped a friend.

Coat of Arms

NSAKids

Teens

Description

A Coat of Arms is a unique design representing something that has special meaning to a group. Family surnames have a traditional Coat of Arms also known as a Family Crest. This group activity has teens creating a Coat of Arms representing who they are and what they stand for.

Steps

- Each team creates the Teen Coat of Arms.
- In one corner of the crest, draw something that represents a recent achievement from someone in the group.
- In another corner, draw something that reflects your group's values.
- In the third corner, draw something that represents where you see the group going in the future.
- In the final corner, draw something that represents the type of people you are.
- At the bottom—in the banner—draw something that represents the most important aspect of this group.
- Have each group describe their Teen Coat of Arms and talk about how this describes and symbolizes their values.
- This activity can also be done individually with a group discussion when everyone is finished with their Coat of Arms.

Supplies

Paper, pencils, colored pencils, markers.



The Power of Positivity

Teens

Description

Can too much positive thinking be harmful? Is there a dark side to being so positive you ignore negative feelings? This meaningful group activity requires watching a TED talk from psychologist, Susan David, Ph.D.

Steps

- Give all attendees a notecard and have them write a positive memory on one side and then write a negative memory on the other side. These memories should be connected to stuttering in some way.
- Have attendees set aside their notecards.
- Watch the following TED talk and facilitate a discussion afterwards that includes attendees reflecting on their notecard with a positive and negative memory.

Video

Stream this video on a laptop or tablet – the bigger the screen, the better.

The Gift and Power of Emotional Courage

https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage

Psychologist Susan David shares how the way we deal with our emotions shapes everything that matters: our actions, careers, relationships, health, and happiness. In this deeply moving, humorous and potentially life-changing talk, she challenges a culture that prizes positivity over emotional truth and discusses the powerful strategies of emotional agility.

Beyond the Superhero

NSAKids

Teens

Description

Who wouldn't want to be a Superhero? But, beyond having superpowers, Superheroes have unique personality traits just like us. This fun activity has attendees identifying the Superhero they are most like, and engaging in a group conversation about what it means to be a "Superhero" and how we can more embody the Superhero in us.

Steps

- Print out each of the following four Superheroes and place them in the four corners of the room.
 - Spiderman (or Woman)
 - Captain America
 - Iron Man (or Woman)
 - Batman (or Woman)
- Have people to walk around the room and find the Superhero who is the most like them and stand there.
- When a group forms, someone writes down the key ideas/themes discussed within the group.
- Next, have the group answer the following questions:
 1. What quality in us reminds us of this Superhero?
 2. Using these shared qualities, how can we be a role model to others?
 3. Which of the listed qualities makes it hard to be like us and why?
 4. Everyone needs a vacation, including a Superhero. Suppose this superhero was to plan a vacation. Where would they go and what would they do on their vacation?

Spiderman –

Decisive, assertive, active. Likes to be in control. Quick to act – gets things done. Thinks in terms of the bottom line. Courageous, ambitious, and confident. Perseveres through adversity, goal oriented.



Captain America –

Friendly, likeable, people-person. Allows others to feel important. Supportive, nurturing, and caring. Peace-loving, sympathetic, helpful. Trusts and follows own instincts. Generous, not competitive. Persistent doer of good.



Batman –

Practical, dependable, and thorough. A planner helps others. Deliberate in thoughts and actions. Uses facts and data to make logical decisions. Balanced, introspective, focused, reserved. Loves and utilizes technology.



Iron Man –

Innovative, creative, sees the big picture. Forward thinking. Risk taker and spontaneous. Has insight into mission and purpose. Unconventional and curious.



Like a Rock

NSAKids

Teens

Description

This is a fun and meaningful activity for everyone to enjoy while exploring their feelings of stuttering. It can also serve to increase stuttering understanding and awareness.

Steps

- Place an assortment of rocks, paint, brushes, and paint pens on a table.
- Have every attendee select one or two rocks.
- Inspire the attendees to think of something about stuttering.
- Have everyone take their inspiration and paint their rock(s).
- Once finished, go around the room and have everyone talk about their rock.
- Encourage attendees to either keep their rock, give away their rock to family and friends, or hide at the park, for others to find.

Supplies

Rocks, acrylic paint, and paint pens.



We All Scream for Ice Cream! (Make your own sundae party)

NSAKids

Teens

Family/Parent

Description

Host a fun, laid back event where everyone can make their ice cream sundaes and enjoy each other's company. Celebrate heading back to school, the start of summer, or simply just take the opportunity to be together!

Supplies

Ice Cream, bowls, spoons, napkins. Have attendees bring their favorite topping to share!



Tell Me About Yourself

NSAKids

Teens

Description

- Pass an index card and a pencil or pen to each person and ask them to divide the card into four sections.
- In each space they are to draw or write something which answers a certain question about themselves.
- Suggestions for questions:
 - What is your favorite movie or book?
 - What is your favorite subject in school?
 - What does your stutter look or feel like?
 - If you were an animal, what animal would you be?
 - What is your favorite sport?
- Next, have attendees mingle for 10-15 minutes sharing what they wrote with others.

Supplies

Index cards, pens, or pencils.

Ask the Experts (Panel Discussion)

Teens

Parents

Description

- Arrange for 3-4 adults who stutter to come for a meeting and serve on a panel.
- Ask the panelists to share their journeys with stuttering.
- Open the discussion up for a Q&A session with teens and parents.

Popcorn Introduction

NSAKids

Teens

Description

Introductions can sometimes be stressful. By having the introductions occur randomly, it keeps the attendees from building anxiety as introductions go around a circle.

Steps

- Bring a ball of any size to the meeting.
- Have the attendees casually toss the ball to each other until someone yells, "STOP!"
- The person holding the ball then introduces themselves to the group and shares something interesting about themselves.
- The person who just did their introduction will toss the ball to someone else.
- The new person introduces themselves and shares something interesting.
- This pattern continues until everyone has introduced themselves.

Supplies

A soft ball.

Let's Rock that Interview!

Teens

Description

Whether it's for a summer job or part of the college application process, interviews can be stressful and especially so for people who stutter. The goal of this activity is to help prepare teens for what to expect while going through the interview process.

Job Interview Role-Play

- Divide meeting attendees into groups of two, making one person the "Interviewee" and the other person the "Hiring Manager/College Admissions".
- Have the Interviewee and the Hiring Manager sit across from each other.
- The Hiring Manager will ask the following questions to the Interviewee. (After doing one interview, reverse roles and do another interview.)
 - Tell me about yourself.
 - What's one school-related accomplishment you are proud of achieving?
 - Talk about a time when you failed or struggled in doing something? What did you learn from that experience?
 - Where do you see yourself in 10 years?

Group Discussion Questions

- What were some initial feelings about the interview experience?
- What are some ways to overcome nervousness and stress during a job interview?
- Who disclosed or talked about their stutter in the interview? How did it feel?
- Was anyone uncomfortable talking about their stutter? If so, why?

Silent Line Up!

Teens

Family/Parent

Description

This is a simple activity that encourages participants to think outside of the box, collaborate, and to be creative about how they communicate.

Steps

- Get the group to stand in a straight line (side-by-side).
- Brief them that they will need to get in order by Birthday (by month and day). You could also do this by height, age, etc. Make it fun!
- The rule is that they can no longer talk. If they do start to talk then they need to start again.

Partner Pictionary!

Teens

Description

This is a great team-building activity for teens because it relies on communication skills and creativity.

Steps

- Partner Pictionary is played between two people, or teams, each with their own paper or board.
- One person draws something while the others guess what it is.
- Then they switch roles until time is up or someone guesses correctly.

Supplies

- 2 Easels
- 2 Flip Charts
- Colored pencils, markers, or crayons.

* You can also substitute two whiteboards and markers with an eraser.

Photo Finish!

NSAKids

Teens

Description

The goal is for everyone to cross the finish line at the same time.

Steps

- Draw a straight line on the ground.
- Have everyone lined up behind the line on the ground.
- When you say go, they can then plan and execute their effort.

Supplies

- Chalk to draw the line on the ground.

Freeze Frame Dance

NSAKids

Description

Dust off that Spotify playlist and let's get dancing! This is a wonderful activity to enjoy that enables participants to let loose and become more comfortable with one another. Not only that but is a definite mood booster!

Steps

- Gather everyone, turn on the music and get dancing!
- Stop the music – everyone must hold their position until the music starts again.
- If a participant moves or can't hold their position, they're 'out'.
- Keep going until there is 1 person remaining.

Supplies

- Speaker
- Phone with your favorite playlist

Fun Activities Anytime!

NSAKids

Teens

Family/Parent

- Bowling
- Mini Golf
- Ropes Course
- Plan an outing to a local baseball game or other sporting event. (Do it as an official group and get your chapter name projected on the scoreboard.)
- Host a movie night.
- Go to a corn maze and pick pumpkins.
- Host a picnic in the park.
- Go for a hike.
- Visit a local museum.
- Host a Summer Beach Party! Go swimming at the pool, lake, or beach!
- Ice skating
- Roller skating
- Plan a night at a local Escape Room
- Go to a trampoline park.