Self-Talk:
5 ways to Say it Out Loud!
(when modeling AAC)

SELF-TALK:
  the act or practice of talking to oneself, either aloud or silently and mentally.

***In examples, bolded words are activated by communication partner on an AAC device.*

1. Describe with AAC

Make descriptive statements about what you see, how you feel, or what is happening as part of an experience.
EXAMPLE: "Oh, **look** at that picture. **Everyone** looks so **happy**."

2. Explain with AAC

Offer additional information about the environment, learning materials, an activity, or interaction. Discuss the component parts of a process, method or sequence.
EXAMPLE: "**Here** are your (**materials)**. **Finished** work **goes here**. Let's **start** at the **top** of the page.

3. Problem-Solve / Explore by verbalizing as you use AAC

Verbalize as you explore, look for new word, or figure out a different way say something when specific words aren't available.
EXAMPLES: "Where is dog? Let me go to **animals**, then **pets**. There it is, **dog**"

4. Fix Mistakes

Comment aloud and name navigation tools / functions as you **clear** messages, **delete** words, navigate to *go back*, or revise an erred **selection**.
EXAMPLES: Words - "oops, yikes," or "uh oh". Let me **clear**.
  Phrases -"that's not it, that's not what I meant" or "let me try again."

5. Comment

Speak your thoughts, opinions, perspectives. For more information see "Top 5 Reasons to Comment Like Crazy."