

# Strive for Five! Supporting AAC

## *5 Models, 5 Opportunities, 5-Second Pause*

**WHAT:** Strive for 5 is a strategy to help partners think ahead to find:

- Five Words / Phrases to Model in an Upcoming Activity: For example, before reading a book, partners can look for words that would be easy to model, focusing mostly on core language.
- Five Opportunities to Invite Students to Participate: This does NOT mean 5 demands, but just 5 times when the partner sets up communicative expectations.
- Five-Second Pause (or More): The partner pauses at least 5 seconds to encourage the student to respond in any way (vocally, gesturally, with AAC).

**WHY USE STRIVE FOR FIVE:** We know that modeling is crucial. Typically developing children hear 4000-6000 words per day for the first year. For students who use AAC, they must have models of their AAC system, in addition to speech! The Strive For 5 Strategy can help family members, teachers, therapists, paras, and others feel less overwhelmed in trying to model AAC for students who are learning to use AAC systems. It is also easy to remember and to implement.

### **HOW TO USE STRIVE FOR FIVE – PICK 5!**

- 1) Think About the Upcoming Activity. What are 5 important words that you can model **more than once** during this activity? For example, during blocks, you can likely model UP, DOWN, MORE, GO, & STOP many times.
- 2) Don't Go To Noun town! My rule of thumb is to include only one noun. For example, if you're reading *Goldilocks & the 3 Bears*, the words bears and chairs are NOT really important! Also, looking for low frequency nouns slows down modeling.
- 3) KISS (Keep It Simple, Silly): Focus mostly on core words. Look at the 'home page' of your student's system, and model mostly from there.
- 4) Give Opportunities for Students to 'Jump In': Invite students to participate, but don't demand! For example, just modeling LOOK and pausing can often be enough.
- 5) P-A-U-S-E for (At Least) 5 Seconds: You might have to 'count Mississippis' because we typically do NOT wait long enough. (And look expectant!)



It's NOT about bears & chairs!

(Goldilocks)  
I think she FEELS

.....

That looks really . . . .

Wonder what is next! . . . . .