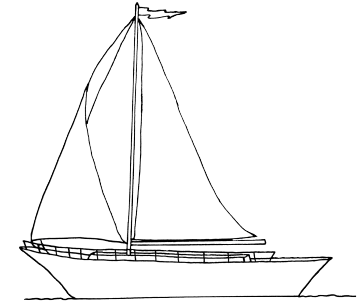


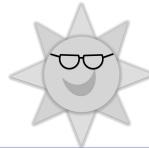
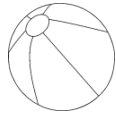




# JUNE 2020

## Fluency Calendar

Color the box for each day you practice




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Say the following sentence using an "excited" then a "sleepy" tone of voice.</p> <p><i>Let's go to the beach.</i></p>	<p>2</p> <p>Count from 1 to 20 using slow and easy speech.*</p>	<p>3</p> <p>When talking to people today, make sure you talk using a nice rate, allowing time for appropriate pausing.</p>	<p>4</p> <p>Stretch these words using one breath:</p> <p>man...fan cat...mat top...tap</p>	<p>5</p> <p>Fluency Fact Friday</p> <p>Everyone experiences a "normal" amount of dysfluency when they speak.</p>	<p>6</p> <p>Enjoy the weekend!</p> 
<p>7</p> <p>Sunday Fun Day!</p> 	<p>8</p> <p>Say the following sentence using a "silly" then a "scary" voice.</p> <p><i>It's time to go.</i></p>	<p>9</p> <p>Say your address and phone number using slow and easy speech.*</p>	<p>10</p> <p>Use your best eye contact when speaking today.</p>	<p>11</p> <p>Say these words using exhaled air.</p> <ul style="list-style-type: none"> <li>• Hat</li> <li>• Happy</li> <li>• Horse</li> <li>• Hippo</li> <li>• Helicopter</li> </ul>	<p>12</p> <p>Fluency Fact Friday</p> <p>More than 70 million people world wide stutter. 3 million live within the United States.</p>	<p>13</p> <p>Enjoy the weekend!</p> 
<p>14</p> <p>Sunday Fun Day!</p> 	<p>15</p> <p>Say the following sentence in a "loud" voice then again in a whisper.</p> <p><i>I want some ice cream.</i></p>	<p>16</p> <p>Recite the alphabet using slow and easy speech.*</p>	<p>17</p> <p>Try to stay relaxed today when speaking. Take belly breaths if needed.</p>	<p>18</p> <p>Stretch out these words:</p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Egg</li> <li>• Igloo</li> <li>• Octopus</li> <li>• Onion</li> </ul>	<p>19</p> <p>Fluency Fact Friday</p> <p>Stuttering affects 4 times as many boys (males) as girls (females).</p>	<p>20</p> <p>Enjoy the weekend!</p> 
<p>21</p> <p>Sunday Fun Day!</p>  <p>Happy Father's Day</p>	<p>22</p> <p>Say the following sentence using "easy/fluent" speech, then again with "bumpy/dysfluent" speech.</p> <p><i>Do you like pickles?</i></p>	<p>23</p> <p>Tell 5 things you would take on a picnic, using slow and easy speech.*</p>	<p>24</p> <p>When talking to people today, make sure you give yourself a few seconds wait time before responding.</p>	<p>25</p> <p>Say these words using light contact:</p> <ul style="list-style-type: none"> <li>• Bike</li> <li>• Path</li> <li>• Dirt</li> <li>• Team</li> <li>• Girl</li> </ul>	<p>26</p> <p>Fluency Fact Friday</p> <p>It's important to maintain good eye contact, even when you are dysfluent.</p>	<p>27</p> <p>Enjoy the weekend!</p> 
<p>28</p> <p>Sunday Fun Day!</p> 	<p>29</p> <p>Say the following sentence using a "little kid" voice then again in a "grown up" voice.</p> <p><i>Did you see the fireworks?</i></p>	<p>30</p> <p>Read a few pages out of a book. Make sure you using good pausing.</p>			<p>* When the daily activity asks you to say something using slow and easy speech. Feel free to use any fluency enhancing strategies that you know to maintain forward flowing speech (pausing, easy onset, stretching, light contact, pullout etc.)</p>	

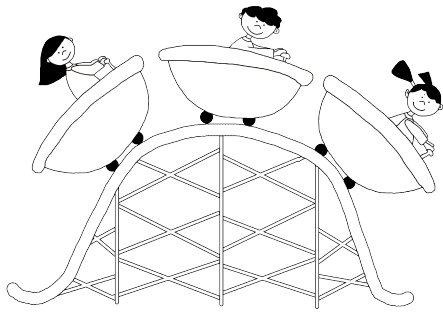
# July 2020

## Fluency Calendar

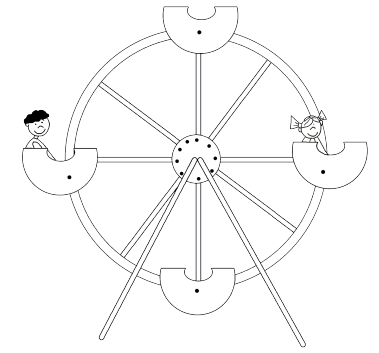
Color the box for each day you practice



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* When the daily activity asks you to say something using slow and easy speech. Feel free to use any fluency enhancing strategies that you know to maintain forward flowing speech (pausing, easy onset, stretching, light contact, pullout etc.)			1 Use your best easy/fluent speech during snack time.	2 Say these words in sentences using exhaled air. • Hat • Happy • Horse • Hippo • Helicopter	3 Fluency Fact Friday Many preschool children stutter, but they eventually outgrow it.	4 Enjoy the weekend! 
5 Sunday Fun Day! 	6 Say the following sentence using super slow speech then again with super fast speech. <i>Did you see the fireworks?</i>	7 Sing your favorite song.	8 Use your best easy/fluent speech during breakfast.	9 Stretch out these words: • Ape • Eat • Ice cream • Open • Unicorn	10 Fluency Fact Friday People usually don't stutter when they sing, whisper or talk in unison.	11 Enjoy the weekend! 
12 Sunday Fun Day! 	13 Say the following sentence using a high pitch then again with a low pitch. <i>Summer is my favorite season.</i>	14 Recite the months of the year using slow and easy speech.*	15 Use your best easy/fluent speech during dinner.	16 Say these words using light contact: • Kite • Food • Thanks • Sand • Cheese	17 Fluency Fact Friday It is important to maintain good eye contact when you or someone else is stuttering.	18 Enjoy the weekend! 
19 Sunday Fun Day! 	20 Say the following sentence using a "mad" voice then again with a "whiney" voice. <i>Let's ride the rollercoaster.</i>	21 Recite the days of the week using slow and easy speech.*	22 Use your best easy/fluent speech during lunch.	23 Say the following sentence using 1 or more pauses. <i>The kids had fun at the beach.</i>	24 Fluency Fact Friday Stuttering and stammering mean the same thing.	25 Enjoy the weekend! 
26 Sunday Fun Day! 	27 Say the following sentence using "easy/fluent" speech, then again with "bumpy/dysfluent" speech. <i>Let's go to the movies</i>	28 Time to Relax! Take in 5 deep belly breaths. Feel your diaphragm move "in" and "out".	29 Use your best easy/fluent speech during breakfast.	30 Say these words in sentences using light contact: • color • fun • three • school • child	31 Fluency Fact Friday Repetitions, hesitations and revisions are types of dysfluencies.	





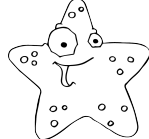






# August 2020



## Fluency Calendar

Color the box for each day you practice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* When the daily activity asks you to say something using slow and easy speech. Feel free to use any fluency enhancing strategies that you know to keep forward flowing speech (pausing, easy onset, stretching, light contact, pullout etc.)</p>						<p>1 Enjoy the weekend!</p> 
<p>2 Sunday Fun Day!</p> 	<p>3 Be a fluency detective today. Listen for other people using "bumpy speech".</p>	<p>4 What do you eat that: spreads, crunches, and crumbles. Put each word in a sentence using slow/easy speech.*</p>	<p>5 Use your best easy/fluent speech while you're in the kitchen today.</p>	<p>6 Stretch out these words as you say them in sentences.</p> <ul style="list-style-type: none"> <li>• Ape</li> <li>• Eat</li> <li>• Ice cream</li> <li>• Open</li> <li>• Unicorn</li> </ul>	<p>7 Fluency Fact Friday</p> <p>Stuttering often runs in families and is more common in males.</p>	<p>8 Enjoy the weekend!</p> 
<p>9 Sunday Fun Day!</p> 	<p>10 <b>SPEECH GOALS</b> Tell someone what your fluency goals are, and what strategies you use to help make your speech more fluent.</p>	<p>11 Using slow/easy speech*, name food that can be fried in a pan and baked in an oven. Tell a short story using some of the words.</p>	<p>12 Use your best easy/fluent speech when you're in your bedroom today.</p>	<p>13 Say these words in sentences using light contact:</p> <ul style="list-style-type: none"> <li>• bus</li> <li>• pen</li> <li>• teach</li> <li>• dance</li> <li>• go</li> </ul>	<p>14 Fluency Fact Friday</p> <p>Did you know that James Earl Jones (voice of Darth Vader) was a stutterer.</p>	<p>15 Enjoy the weekend!</p> 
<p>16 Sunday Fun Day!</p> 	<p>17 <b>HOPES FOR THIS YEAR!</b> Tell someone what you hope to accomplish in school this year.</p>	<p>18 Go for a walk or a bike ride. Tell someone what you saw, using slow/easy speech.*</p>	<p>19 Use your best easy/fluent speech when you're in the car today.</p>	<p>20 Stretch out these words as you say them in sentences.</p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Egg</li> <li>• Igloo</li> <li>• Octopus</li> <li>• Onion</li> </ul>	<p>21 Fluency Fact Friday</p> <p>There is no "cure" for stuttering, but there are "approaches" people can use to speak more fluently.</p>	<p>22 Enjoy the weekend!</p> 
<p>23 Sunday Fun Day!</p> 	<p>24 <b>MORE HOPES FOR THIS YEAR!</b> Tell someone what you hope to accomplish this year in speech class.</p>	<p>25 Tell someone your best memory from this summer. Make sure you use slow/easy speech.*</p>	<p>26 Use your best easy/fluent speech while talking with your friends today.</p>	<p>27 Say the following sentence using 1 or more pauses.</p> <p><i>We had fun playing in the sand.</i></p>	<p>28 Fluency Fact Friday</p> <p>Did you know that Ed Sheeran (famous musician) was a stutterer.</p>	<p>29 Enjoy the weekend!</p> 
30	31					