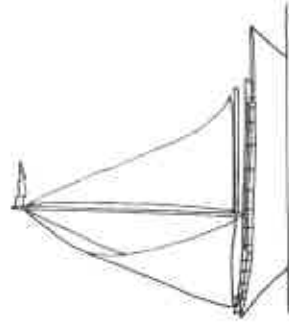


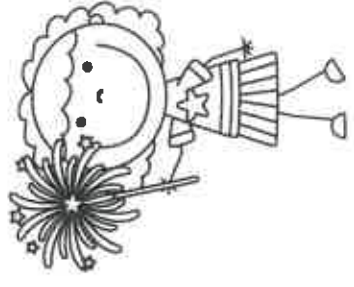
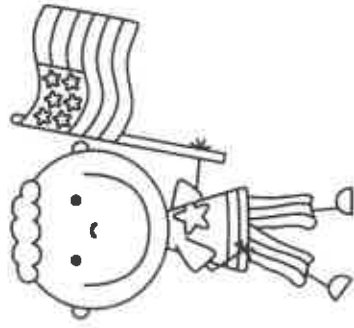
JUNE 2021

Fluency Calendar

Color the box for each day you practice



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Say the following sentence using an "excited" then a "sleepy" tone of voice. <i>Let's go to the beach.</i></p>	<p>2 Count from 1 to 20 using slow and easy speech.*</p>	<p>3 When talking to people today, make sure you talk using a nice rate, allowing time for appropriate pausing.</p>	<p>4 Fluency Fact Friday Everyone experiences a "normal" amount of dysfluency when they speak.</p>	
<p>7 Stretch these words using one breath: man...fan cat...mat top...rap</p>	<p>9 Say your address and phone number using slow and easy speech.*</p>	<p>10 Use your best eye contact when speaking today.</p>	<p>11 Fluency Fact Friday More than 70 million people world wide stutter. 3 million live within the United States.</p>	
<p>14 Say these words using exhaled air. • Hat • Happy • Horse • Hippo • Helicopter</p>	<p>16 Recite the alphabet using slow and easy speech.*</p>	<p>17 Try to stay relaxed today when speaking. Take belly breaths if needed.</p>	<p>18 Fluency Fact Friday Stuttering affects 4 times as many boys (males) as girls (females).</p>	
<p>21 Stretch out these words: • Apple • Egg • Igloo • Octopus • Onion</p>	<p>23 Tell 5 things you would take on a picnic, using slow and easy speech.*</p>	<p>24 When talking to people today, make sure you give yourself a few seconds wait time before responding.</p>	<p>25 Fluency Fact Friday It's important to maintain good eye contact, even when you are dysfluent.</p>	
<p>28 Say these words using light contact: • Bike • Path • Dirt • Team • Girl</p>	<p>30 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, slide, stretching, light contact, pullout etc.)</p>		

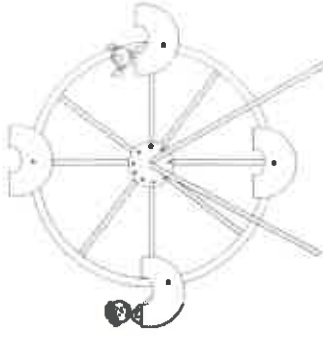
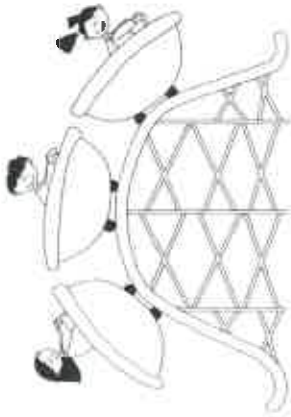


July 2021

Fluency Calendar

Color the box for each day you practice

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



AUGUST 2021

Fluency Calendar

Color the box for each day you practice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Be a fluency detective today. Listen for other people using "bumpy speech".</p> <p>9 Use your best easy/fluently speech while talking on the phone today.</p> <p>16 SPEECH GOALS Tell someone what your fluency goals are, and what strategies you use to help make your speech more fluent.</p> <p>23 HOPES FOR THIS YEAR! Tell someone what you hope to accomplish in school this year.</p> <p>30 MORE HOPES FOR THIS YEAR! Tell someone what you hope to accomplish this year in speech class.</p>	<p>3 What do you eat that: spreads, crunches, and crumbles. Put each word in a sentence using slow/easy speech.*</p> <p>10 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>17 Go for a walk or a bike ride. Tell someone what you saw, using slow/easy speech.*</p> <p>24 Tell someone your best memory from this summer. Make sure you use slow/easy speech.*</p> <p>31 Name 5 vegetables using slow/easy speech.* Put the words in a sentence or tell a short story using them.</p>	<p>4 Use your best easy/fluently speech while you're in the kitchen today.</p> <p>11 Use your best easy/fluently speech when you're in your bedroom today.</p> <p>18 Use your best easy/fluently speech when you're in the car today.</p> <p>25 Use your best easy/fluently speech while talking with your friends today.</p>	<p>5 Stretch out these words as you say them in sentences. <ul style="list-style-type: none"> • Acorn • Eagle • Ice • Oval • Unicycle </p> <p>12 Say these words in sentences using light contact: <ul style="list-style-type: none"> • bus • pen • teach • dance • go </p> <p>19 Stretch out these words as you say them in sentences. <ul style="list-style-type: none"> • Astronaut • Excellent • Igwana • Octopus • Umbrella </p> <p>26 Say the following sentence using 1 or more pauses. <i>We had fun playing in the sand.</i></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, slide, stretching, light contact, pullout etc.)</p>	<p>6 Fluency Fact Friday Stuttering often runs in families and is more common in males.</p> <p>13 Fluency Fact Friday Did you know that James Earl Jones (voice of Darth Vader) was a stutterer.</p> <p>20 Fluency Fact Friday There is no "cure" for stuttering, but there are "approaches" people can use to speak more fluently.</p> <p>27 Fluency Fact Friday Did you know that Ed Sheeran (famous musician) was a stutterer.</p>