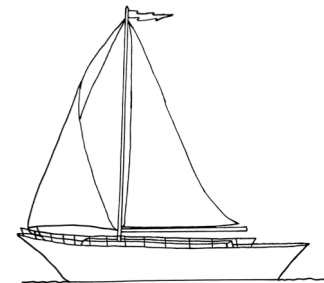


JUNE 2024



Fluency Calendar

Color the box for each day you practice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Stretch out these words:</p> <ul style="list-style-type: none"> •Apple •Egg •Igloo •Octopus •Onion 	<p>4 Try to stay relaxed today when speaking. Take belly breaths if needed.`</p>	<p>5 Count from 1 to 20 using slow and easy speech.*</p>	<p>6 Say the following sentence using a "silly" then a "scary" voice.</p> <p><i>It's time to go.</i></p>	<p>7 Fluency Fact Friday</p> <p>Everyone experiences a "normal" amount of dysfluency when they speak.</p>
<p>10 Stretch these words using one breath:</p> <p>man...fan cat...mat top...tap</p>	<p>11 When talking to people today, make sure you talk using a nice rate, allowing time for appropriate pausing.</p>	<p>12 Say your address and phone number using slow and easy speech.*</p>	<p>13 Say the following sentence in a "loud" voice then again in a whisper.</p> <p><i>I want some ice cream.</i></p>	<p>14 Fluency Fact Friday</p> <p>More than 70 million people world wide stutter. 3 million live within the United States.</p>
<p>17 Say these words using exhaled air.</p> <ul style="list-style-type: none"> •Hat •Happy •Horse •Hippo •Helicopter 	<p>18 Use your best eye contact when speaking today.</p>	<p>19 Recite the alphabet using slow and easy speech.*</p>	<p>20 Say the following sentence using "easy/fluent" speech, then again with "bumpy/dysfluent" speech.</p> <p><i>Do you like pickles?</i></p>	<p>21 Fluency Fact Friday</p> <p>Stuttering affects 4 times as many boys (males) as girls (females).</p>
<p>24 Say these words using light contact:</p> <ul style="list-style-type: none"> •Bike •Path •Dirt •Team •Girl 	<p>25 When talking to people today, make sure you give yourself a few seconds wait time before responding.</p>	<p>26 Tell <i>5 things you would take on a picnic, using slow and easy speech.*</i></p>	<p>27 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>28 Fluency Fact Friday</p> <p>It's important to maintain good eye contact, even when you are dysfluent.</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>				



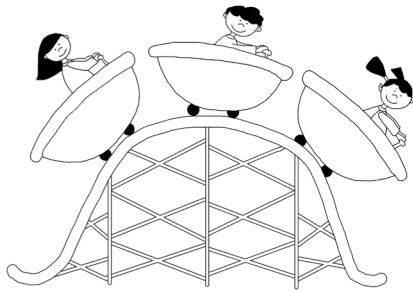
July 2024

Fluency Calendar

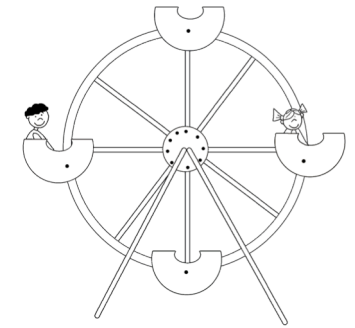


Color the box for each day you practice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Say these words in sentences using light contact:</p> <ul style="list-style-type: none"> • color • fun • three • school • child 	<p>2 Sing your favorite song.</p>	<p>3 Say the following sentence using super slow speech then again with super fast speech.</p> <p><i>Did you see the fireworks?</i></p>	<p>4 Use your best easy/fluent speech during breakfast.</p>	<p>5 Fluency Fact Friday</p> <p>Many preschool children stutter, but they eventually outgrow it.</p>
<p>8 Say these words in sentences using exhaled air.</p> <ul style="list-style-type: none"> • Hat • Happy • Horse • Hello • Helicopter 	<p>9 Recite the months of the year using slow and easy speech.*</p>	<p>10 Say the following sentence using a high pitch then again with a low pitch.</p> <p><i>Summer is my favorite season.</i></p>	<p>11 Use your best easy/fluent speech during dinner.</p>	<p>12 Fluency Fact Friday</p> <p>People usually don't stutter when they sing, whisper or talk in unison.</p>
<p>15 Stretch out these words:</p> <ul style="list-style-type: none"> • Ape • Eat • Ice cream • Open • Unicorn 	<p>16 Time to Relax! Take in 5 deep belly breaths. Feel your diaphragm move "in" and "out".</p>	<p>17 Say the following sentence using "easy/fluent" speech, then again with "bumpy/dysfluent" speech.</p> <p><i>Let's go to the movies</i></p>	<p>18 Use your best easy/fluent speech during snack time.</p>	<p>19 Fluency Fact Friday</p> <p>It is important to maintain good eye contact when you or someone else is stuttering.</p>
<p>22 Say the following sentence using 1 or more pauses.</p> <p><i>The kids had fun at the beach.</i></p>	<p>23 Recite the days of the week using slow and easy speech.*</p>	<p>24 Say the following sentence using a "mad" voice then again with a "whiney" voice.</p> <p><i>Let's ride the rollercoaster.</i></p>	<p>25 Use your best easy/fluent speech during lunch.</p>	<p>26 Fluency Fact Friday</p> <p>Stuttering and stammering mean the same thing.</p>
<p>29 Say these words using light contact:</p> <ul style="list-style-type: none"> • Kite • Food • Thanks • Sand • Cheese 	<p>30 Read a few pages out of a book. Make sure you using good pausing.</p>	<p>31 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>* 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>	



AUGUST 2024



Fluency Calendar

Color the box for each day you practice

Monday	Tuesday	Wednesday	Thursday	Friday
	* When the daily activity asks you to say something using slow and easy speech. Feel free to use any fluency enhancing strategies that works best for you.		1 Use your best easy/fluent speech while talking on the phone today.	2 Fluency Fact Friday Stuttering often runs in families and is more common in males.
5 Stretch out these words as you say them in sentences. <ul style="list-style-type: none"> • Acorn • Eagle • Ice • Oval • Unicycle 	6 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.	7 Use your best easy/fluent speech when you're in your bedroom today.	8 <i>HOPES FOR THIS YEAR!</i> Tell someone what you hope to accomplish in school this year.	9 Fluency Fact Friday Did you know that James Earl Jones (voice of Darth Vader) was a stutterer.
12 Say these words in sentences using light contact: <ul style="list-style-type: none"> • bus • pen • teach • dance • go 	13 Go for a walk or a bike ride. Tell someone what you saw, using slow/easy speech.*	14 Use your best easy/fluent speech when you're in the car today.	15 <i>SPEECH GOALS</i> Tell someone what your fluency goals are, and what strategies you use to help make your speech more fluent.	16 Fluency Fact Friday There is no "cure" for stuttering, but there are "approaches" people can use to speak more fluently.
19 Stretch out these words as you say them in sentences. <ul style="list-style-type: none"> • Astronaut • Excellent • Iguana • Octopus • Umbrella 	20 Tell someone your best memory from this summer. Make sure you use slow/easy speech.*	21 Use your best easy/fluent speech while talking with your friends today.	22 Be a fluency detective today. Listen for other people using "bumpy speech".	23 Fluency Fact Friday Did you know that Ed Sheeran (famous musician) was a stutterer.
26 Say the following sentence using 1 or more pauses. <i>We had fun playing in the sand.</i>	27 Name 5 vegetables using slow/easy speech.* Put the words in a sentence or tell a short story using them.	28 Use your best easy/fluent speech during snack time.	29 <i>MORE HOPES FOR THIS YEAR!</i> Tell someone what you hope to accomplish this year in speech class.	30 Fluency Fact Friday Repetitions, hesitations and revisions are types of dysfluencies.