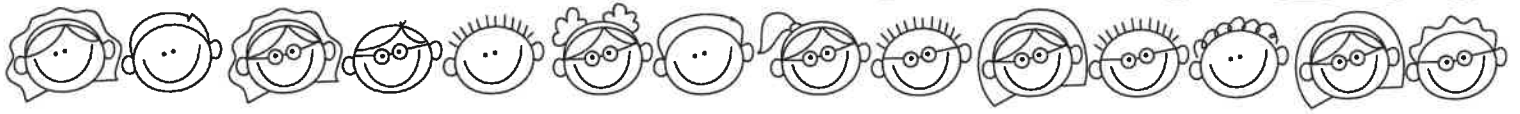


IDEAS & ACTIVITIES AS YOU GET READY FOR KINDERGARTEN



LITERACY

- ☐ Sing the ABCs
- ☐ Read Everyday
- ☐ Read Nursery Rhymes
- ☐ Read Uppercase/Lowercase Letters (Match)
- ☐ Complete Puzzles
- ☐ Recognize First Name

MATH

- ☐ Sort by Colors, Shapes, and Objects
- ☐ Play Board Games
- ☐ Count, Count, Count!
- ☐ Count with Objects
- ☐ Make Patterns
- ☐ Read Numbers
- ☐ Sing Counting Songs

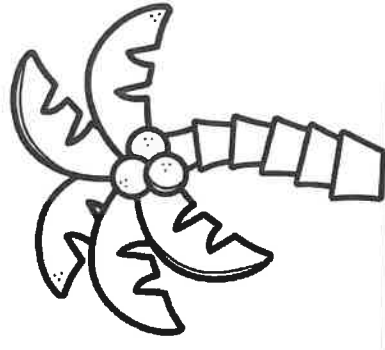
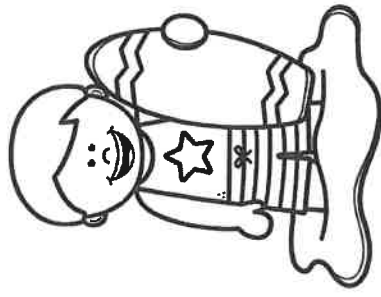
FINE MOTOR ACTIVITIES

- ☐ Color
- ☐ Play with Play Dough
- ☐ Practice Buttons and Zippers
- ☐ Practice Cutting
- ☐ Play Tug of War with a Popsicle Stick
- ☐ Use Tweezers to Pick Up Objects
- ☐ Play with Stickers
- ☐ Thread beads on String or Pipe Cleaners
- ☐ Trace Zig Zag Lines
- ☐ Squeeze Water out of Sponges
- ☐ Open Containers
- ☐ Practice Zippers

LIFE SKILLS

- ☐ Practice a Morning Routine
- ☐ Practice a Bedtime Routine
- ☐ Share
- ☐ Take Turns
- ☐ Use Manners
- ☐ Sit and Listen to a Story
- ☐ Go to the Bathroom/Wash Hands
- ☐ Talk about Feelings
- ☐ Clean up Messes
- ☐ Practice Following One or Two Step Directions
 - ☐ Get your Sweatshirt and Put it On
- ☐ Have Conversations at Meal Times (Practice Turn Taking and Listening)
- ☐ Talk about School Transportation
 - ☐ Practice (Go to Bus Stop, Drive/Walk the Route to School)
 - ☐ Memorize Bus Number
- ☐ Eat Lunch out of their School Lunchbox
 - ☐ Practice Opening Containers
 - ☐ Set a Timer (so your child gets a feel for how much time they have to eat their lunch)

🍏 These activities do not have to be mastered before Kindergarten, just suggestions to do as you get ready for K.



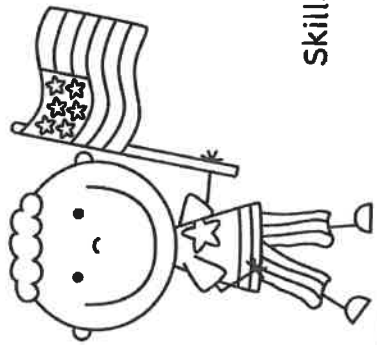
JUNE 2024

Social Communication Calendar

Skills include: tone of voice, eye contact, body language & feelings

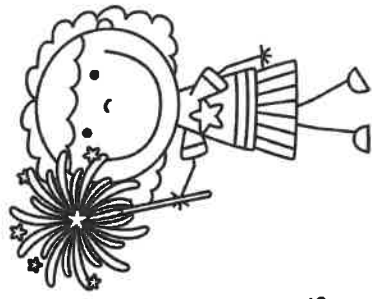
Color the box for each day you practice.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Body language is: a. How our body communicates messages. b. Asking someone for something.	4 Why is it important to use good eye contact when you talk to people?	5 Make sure you use good eye contact today when you talk to people.	6 Why is it important to watch facial expressions when you talk to people?	7 FEELINGS FRIDAY! Name 3 things that make you happy. Name 3 things that make you mad.
10 What type of body language lets us know someone is happy, sad and mad?	11 Watch your favorite TV show. Do you see anyone using good eye contact and/or poor eye contact?	12 Go to: https://www.passion.com/watch-a-few-videos GET INSPIRED! ☺	13 What might cause someone to be embarrassed? Have you ever been embarrassed before?	14 FEELINGS FRIDAY! Your friend lost your favorite game. How do you feel? What do you say to them?
17 What happens to a person's body when they get embarrassed?	18 If you're feeling upset or mad, name 3 strategies you can use to calm yourself down.	19 Tone of voice is: a. What we say, NOT how we say it. b. How we say it NOT what we say.	20 What is personal hygiene? Why is it important to have good personal hygiene?	21 FEELINGS FRIDAY! How are you feeling today? Tell someone why you're feeling this way.
24 If you're mad at someone, is it okay to yell at them? What could you do/say instead?	25 When is okay to speak in a loud voice? When is it not okay to speak in a loud voice?	26 Do something today that makes you and others happy.	27 Say this sentence using a happy tone of voice, then again using a mad tone of voice. "It's summer time"	28 FEELINGS FRIDAY! Go to: https://www.ispot.tv/ad/ASXV/s-tate-farm-jacked-up# You can also search "State Farm Jacked Up" to view the video How are the people feeling?



July 2024

Social Communication Calendar

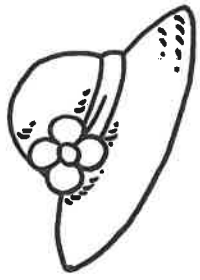


Skills include: conversations, requesting, politeness and following rules
Color the box for each day you practice

Monday	Tuesday	Wednesday	Thursday	Friday
1 You want your friend to spend the night. What can you say to your parents to convince them to say "yes"? 8 Your friend tells you they're going on vacation next week. Think of three things you could say or ask them. 15 You and your family are out to eat and you want to know what kind of dessert they have. What do you say to the waiter? 22 Your friend tells you their cat ran away. Think of three things you could say or ask them? 29 Your mom is talking on the phone and you need to ask her a question. What should you do?	2 You want to go to the store to buy a new game. Who do you ask and what do you say? 9 Your aunt tells you she got a new puppy. What are three things you could say or ask her? 16 Why is it important to have rules? What are some rules in your house, at school and in your community? 23 Your dad wants you to go to the beach with him and you don't want to go? What can you say to him to not hurt his feelings? 30 Go to: https://www.dassinton.com/ Watch a few "Videos" GET INSPIRED! ☺	3 Why is it important to know how to have conversations with others? 10 Your friend is talking about a movie. What could you say if you want to talk about something else? 17 Your at a friends house and accidentally break a vase. What do you do and say? 24 What can you say to interrupt a person politely? 31 What are good telephone manners? Answer the phone today and practice.	4 Tell someone about your favorite game. What are the rules to that game? Why are the rules important? 11 Tell a greeting you could use to begin a conversation with a friend you see at the swimming pool. 18 You're at the swimming pool and your friend keeps splashing you. What do you do/say? 25 What rules are easiest for you to follow and hardest for you to follow?	5 Ask someone to play your favorite game. Make sure you follow all the rules. 12 Make sure you use "please" and "thank you" when you ask for things today. 19 A new family moves in next door. What can you do or say to welcome them to the neighborhood? 26 What are some consequences for not following rules in your house, at school and in the community?



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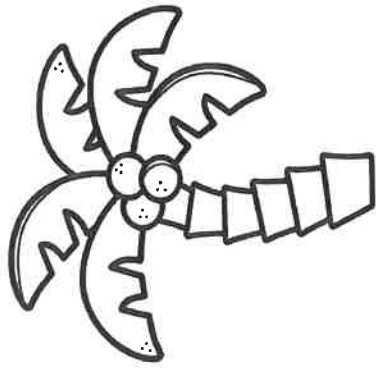


August 2024

Social Communication Calendar

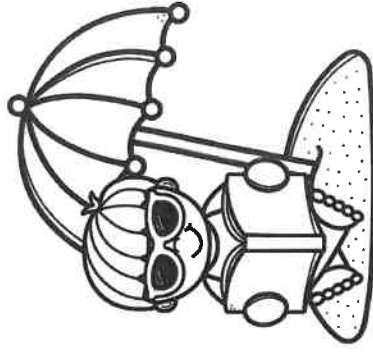
Skills Include: problems/solutions, predicting, inferences, perspective taking & flexible thinking
Color the box for each day you practice

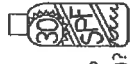
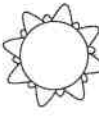
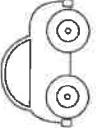
Monday	Tuesday	Wednesday	Thursday	Friday
5 Your radio isn't working. Can you name three reasons why it might not be working?	6 You like the Phillies and your friend likes the Pirates. The Phillies are winning 5-0. What is your perspective on the game? What is your friends perspective?		1 There's a thunder storm and the power goes out. What is the problem? What should you do?	2 The napkins blew off the kitchen table. Name two things that could of cause this to happen.
12 What might happen if you cut in front of someone while waiting in a line at an amusement park?	13 Keira is not allowed to go outside to play today. Give three reasons why she's not allowed to go outside to play.	7 What could happen if you jump in the pool and aren't a good swimmer? What if you jumped in the pool and were a good swimmer?	8 Liam put on his suit, grabbed his towel, sunglasses and put on sunscreen. Name two places he might be going?	9 School starts soon and you don't have all your school supplies. What is the problem? What can you do to solve the problem?
19 Go to: https://www.passion.com/ Watch a few "Videos" GET INSPIRED! ☺	20 It's the first day of school. What is your perspective if you're a new student? What is your perspective if you went there last year?	14 You're in your bedroom and smell coffee and bacon. What time of the day it is? Why do you think this?	15 Jackie looked into the lenses and spotted a dolphin jumping out in the ocean. What was Jackie looking through?	16 Your soccer team just won a close game. What is your perspective of the game? What is the other teams perspective of the game?
26 You're best friend is not at school today. Give three reasons why they aren't there.	27 What might happen if you leave a window open and there's a bad storm?	21 Mollie is late for school. Give three reasons why she's late.	22 It's night time and your neighbors house doesn't have any lights on. Give 2 reasons why the lights aren't on.	23 You were invited to a pool party. How does your perspective change if it's a rainy day versus a sunny day?
		28 You and your family go out to eat. You think to yourself "someone was sitting here before us". Can you think of two ways you knew that?	29 The floor by the fridge is sticky? What is the problem and what caused it? What is a solution to the problem?	30 There's a box of cookies on the top shelf. How would a tall person reach them? How would a short person reach them?

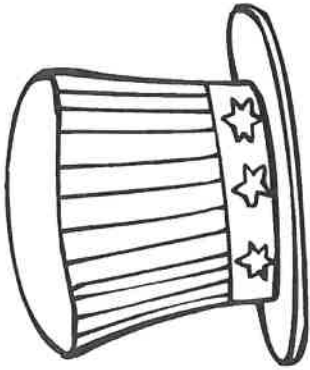


JUNE 2024

LANGUAGE Calendar

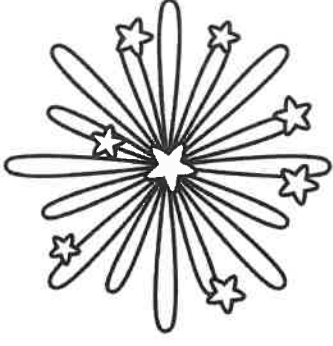


Monday	Tuesday	Wednesday	Thursday	Friday
3  What is it? What is used for? What goes with it? What category does it belong to?	4 Are these sentences correct? If it's not correct, try to fix it. • The children have games. • He have a new toy. • Yesterday I watch a movie.	5  Adjectives are words that describe. How many adjectives can you think of to describe this object?	6 How many can you name? • Pets • Zoo animals • Sea creatures • Forest animals • Farm animals	7 Follow these directions • Frown then make a silly face • Say your last name then clap your hands 3 times • Count to 5 then stick out your tongue
10  What is it (label)? What is used for (function)? What goes with it (association)? What category does it belong to?	11 Are these sentences correct? If it's not correct, try to fix it. • Her has a new bike. • Do you like lemonade? • They goed to the park.	12  How many adjectives can you think of to describe this object?	13 How many can you name? • Summer clothes • Fall clothes • Winter clothes • Spring clothes	14 Follow these directions • Spell your first name then touch your toes • Name three fruits then say your favorite color • Say the name of someone in the room then hop on one foot
17  What is it? What is used for? What goes with it? What category does it belong to?	18 Are these sentences correct? If it's not correct, try to fix it. • He walked the dog. • Them bought ice cream. • The girl are picking flowers.	19  How many adjectives can you think of to describe this object?	20 How many can you name? • Rooms in your house • Furniture in your house • Electronics/appliances in your house	21 Follow these directions • Say your middle name then do 3 jumping jacks • Count backwards from 5 then jump up and down • Say your best friends name then pretend to fly
24  What is it? What is used for? What goes with it? What category does it belong to?	25 Are these sentences correct? If it's not correct, try to fix it. • Them are having fun. • Me see a blue bird. • The boy plays baseball.	26  How many adjectives can you think of to describe this object?	27 How many can you name? • Fruits • Vegetables • Snacks • Dairy products • Drinks	28 Follow these directions • Say your phone number then sit on the floor • Name 2 zoo animals then pretend to sneeze. • Stomp your feet 2 times, then name 3 ocean animals.

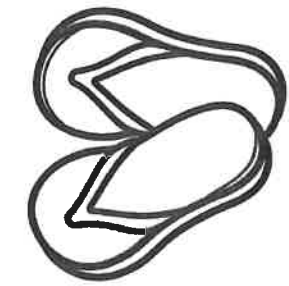


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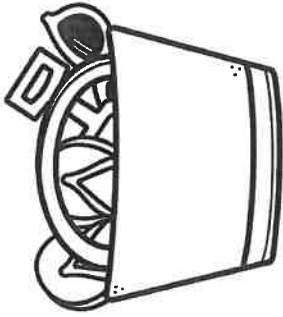
Language Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
1  What is it? What is used for? What goes with it? What category does it belong to?	2 Pick the correct word for each sentence. • She (runed – ran) down the street. • Put the shoes on your (foots – feet). • I (blew – blowed) bubbles.	3 “Who” refers to people, animals and characters in a book. Answer these questions? • Who flies airplanes? • Who is the president of the United States? • Who is your best friend?	4 If you’re wearing blue, spell your first name. If you’re not wearing blue spell your last name.	5 Answer these questions • What tells time? • What do you wear to bed? • What do you carry your books to school in? • What goes on a cake?
8  What is it? What is used for? What goes with it? What category does it belong to?	9 Pick the correct word for each sentence. • That is (his – him) ball • (Us – We) went to the store. • The book is (mine – my).	10 “What” refers to things, objects and actions. Answer these questions? • What do bees make? • What day comes after Monday? • What is your favorite book?	11 If you have a pet dog, talk about your favorite book. If you don’t have a dog, talk about your favorite movie.	12 Answer these questions • Where do you go to borrow books? • Where do astronauts go? • Where do you keep eggs? • Where does a king live?
15  What is it? What is used for? What goes with it? What category does it belong to?	16 Pick the correct word for each sentence. • Ty (eated – ate) ice cream. • The (children – child) played in the pool. • I (went – goed) to the park.	17 “Where” refers to place, setting and location. Answer these questions? • Where do people buy food? • Where does the president live? • Where do you go to school?	18 If you’ve been to the beach this summer, say your address. If you haven’t been to the beach this summer, say your phone number.	19 Answer these questions • When do you take medicine? • When do you wash your hands? • When do you rake leaves?
22  What is it? What is used for? What goes with it? What category does it belong to?	23 Pick the correct word for each sentence. • (They – Them) are going to the movies. • Is that (yours – your) soda? • (I – Me) climbed a tree.	24 “When” refers to time of day/year or event. Answer these questions? • When does it snow? • When is New Years? • When were you born?	25 If you can tie your shoes by yourself, say the seasons of the year. If you can’t tie your shoes by yourself, name three holidays.	26 Answer these questions • Why do some people wear glasses? • Why do you need to wear sunscreen in the sun? • Why do plants need sun and water?
29  What is it? What is used for? What goes with it? What category does it belong to?	30 Pick the correct word for each sentence. • He built the puzzle all by (himself – themselves). • The bike belongs to (she – her). • The dog is (thems – theirs).	31 “Why” refers to the reason or purpose. Answer these questions? • Why do people wear sunscreen? • Why do birds have wings? • Why do you like summer?		

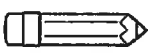
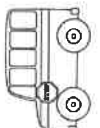
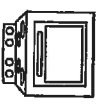


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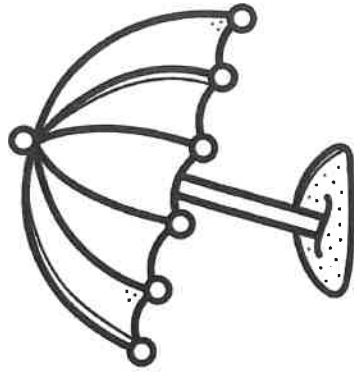
August 2024

Language Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
5  What is it? What is it used for? What goes with it? What category does it belong to?	6 Antonyms are words that are opposite. What are the opposites of? - Big - Hot - Pretty - Nice - Sweet	7 Have someone ask you a WHO, WHAT, WHERE, WHEN, and WHY question. Today.	1 Make a sentence using these words - CAFETERIA – EAT - LIBRARY – BOOKS - OFFICE – PAPER - GYM – RUN	2 Follow these directions - Before you touch your nose, touch your toes - After you jump up and down, clap your hands - Make a sad face at the same time you stop your feet
12  What is it? What is it used for? What goes with it? What category does it belong to?	13 What are the opposites of: - King - Mother - Aunt - Brother - Girl	14 Ask someone a WHO, WHAT, WHERE, WHEN, and WHY question today.	15 Make a sentence using these words - SCHOOL – LEARN - TEACHER – DESK - BACKPACK – ZIP - BUS – RIDE	16 Follow these directions - Meow like a cat before you bark like a dog - Sing a song after you count to 10 - Name 3 sports or name 3 sweet treats
19  What is it? What is it used for? What goes with it? What category does it belong to?	20 What are the opposites of: - Happy - Laugh - Sick - Love - Smile	21 I have a party to go to! How many questions can you ask to find out more information?	22 Make a sentence using these words - MATH – NUMBERS - SCIENCE – EXPERIMENT - SOCIAL STUDIES – HISTORY - MUSIC – SING	23 Follow these directions - Name 3 weather words and 3 holidays - Before you pat your head, growl like a bear - Say your birthday after you say how old you are.
26  What is it? What is it used for? What goes with it? What category does it belong to?	27 What are the opposites of: - Summer - Before - Day - Sun - Awake	28 - Who is your new teacher? - What do you want to learn this year? - Where did you go back to school shopping? - When does/did school start? - Why is school important?	29 Make a sentence using these words - DOG – BONE - FLOWER – PICK - BEACH – TODAY - BIKE – HELMET	30 Follow these directions - Name three farm animals then make their sounds - Blink your eyes 4 times then hop around the room - Raise both hands then name 2 vegetables

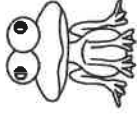
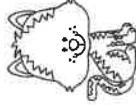
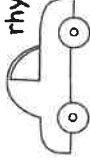


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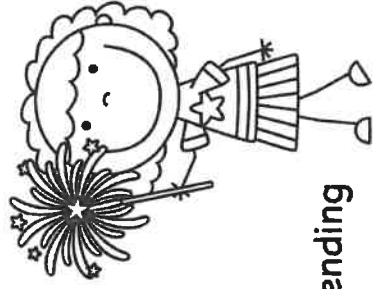


Phonological Awareness

Skills include: Rhyming, Syllable & Phoneme Identification

Monday	Tuesday	Wednesday	Thursday	Friday
3 A phoneme is a single sound. What is the first sound you hear in these words? SUN - PENCIL - GO 10 What is the middle sound you hear in these words? MAP - SUN - FEET CAR - BOAT - RAIN 17 What is the last sound you hear in these words? SUN - PENCIL - GO 24 Complete this sentence with a word that rhymes. I saw a frog sitting on a _____.	4 Rhyming words have the same sounds at the end. Do these words rhyme? BE - TREE CAN - GO 11 Do these words Rhyme? BIRD - THIRD CUP - CUT FLOOR - MOP 18 Which word doesn't rhyme? CAT - CAP - HAT PIG - WIG - PUG 25 Do these words Rhyme? SUN - MOON SUN - FUN SUN - SUB	5 Read or listen to a book. Listen for words that RHyme? How many did you hear? 12 Read or listen to a book. Listen for words that RHyme with "ME". How many did you hear? 19 Read or listen to a book. Listen for words that RHyme? How many did you hear? 26 Read or listen to a book. Listen for words that RHyme with "BLUE". How many did you hear?	6 How many words can you think of that rhyme with FROG?  13 How many words can you think of that rhyme with CAT?  20 How many words can you think of that rhyme with CAR?  27 How many words can you think of that rhyme with TREE? 	7 A syllable is part of a word. Syllables are fun to tap and clap out. How many syllables are in these words? BUNNY - CAT POTATO - APPLE 14 How many syllables are in these words? UMBRELLA - TUBE SAND - OCEAN 21 What is the first syllable you hear in these words? SUNSCREEN LIFEGUARD JUMPROPE 28 What is the middle syllable you hear in these words? HOLIDAY UMBRELLA AMUSEMENT

JULY 2024

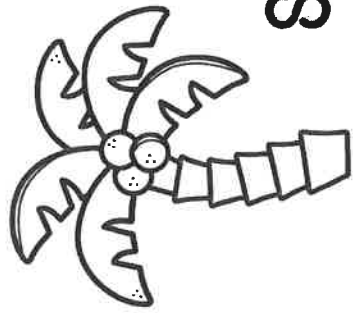


**** When working on blending activities, make sure you pause after each syllable and sound. A dash "-" is used to help remind you.**

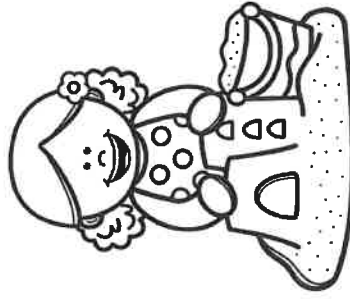
Phonological Awareness

Skills include: Word, Syllable, Phoneme segmenting and blending

Monday	Tuesday	Wednesday	Thursday	Friday
1 Blending is putting syllables and sounds together. Blend these SYLLABLES together to make a word. BEACH - CHAIR	2 Blend These SOUNDS together to make words. F - I - SH (fish) T - R - AI - N (train) M - I - L - K (milk)	3 Blend these SYLLABLES together to make words. AIR - PLANE RAIN - BOW SAIL - BOAT SUN - SHINE	4 Blend these SOUNDS together to make words. S - U - N (sun) B - EA - CH (beach) S - A - N - D (sand)	5 Blend these SYLLABLES together to make words. PINE - AP - PLE TO - MA - TO AV - O - CA - DO PEP - PER
8 Segmenting is breaking apart sentences and words? How many SYLLABLES do you hear in these words. Say each syllable out loud. FIREWORKS FOURTH	9 Repeat this sentence. Clap/tap for each WORD you hear. How many times did you clap? I love to ride my bike. Today is Tuesday.	10 How many SOUNDS do you hear in each word? Say each sound out loud. JUMP HOP SKIP DASH	11 How many SOUNDS do you hear in each word? Say each sound out loud. CONE RIDE GRASS FLOWER	12 How many SYLLABLES do you hear in these words. Say each syllable out loud. COCONUT PEACH KIWI GRAPES
15 How many SOUNDS do you hear in each word? Say each sound out loud. CHIPS SNACK FRUIT APPLE	16 Read or listen to a book. Listen for words that have only three SOUNDS ? What words did you hear?	17 How many SYLLABLES do you hear in these words. Say each syllable out loud. BUBBLES STICK CANDY WATERMELON	18 Repeat this sentence. Clap/tap for each WORD you hear. How many times did you clap? Can we go swimming?	19 Read or listen to a book. Listen for one SYLLABLE words. How many did you hear?
22 Blend These SOUNDS together to make words. T - OA - S - T (toast) S - U - MM - ER (summer) SH - A - R - K (Shark) S - T - I - CK (stick)	23 Blend these SYLLABLES together to make words. DAI - SY CAR - NA - TION LI - LY SUN - FLOW - ER	24 Repeat this sentence. Clap/tap for each WORD you hear. How many times did you clap? Watermelon is juicy.	25 Repeat this sentence. Clap/tap for each WORD you hear. How many times did you clap?	26 Read or listen to a book. Listen for two SYLLABLE words. How many did you hear?
29 How many SOUNDS do you hear in each word? Say each sound out loud. CAMP - SLIDE POOL - DIVE	30 Read or listen to a book. Listen for three SYLLABLE words. How many did you hear?	31 Read or listen to a book. Listen for four SYLLABLE words. How many did you hear?		



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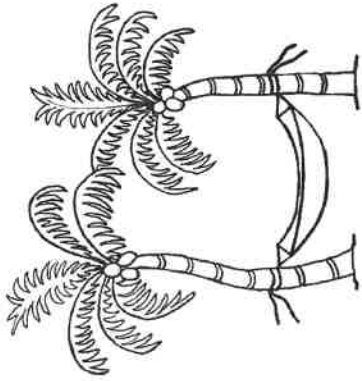


August 2024

Phonological Awareness

Skills include: Syllable, Phoneme deletion and manipulation

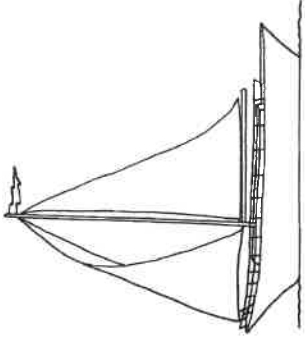
Monday	Tuesday	Wednesday	Thursday	Friday
** When you see letters isolated in lines (/b/), this is a signal to say the "sound" that the letter makes and NOT the letter itself. 5 Say VEGETABLE Now say it again but don't say BLE Say PRINCIPAL Now say it again but don't say PRIN 12 Add /T/ to the end of BEE (beet) Add /D/ to the beginning of ICE (dice) 19 Change the middle sound in PAINT to /oi/ (point) Change the middle sound in TAP to /A/ (tape) 26 Say BUCKET. Now say it again but don't say /B/ Say FISH. Now say it again but don't say /SH/	6 Say BOOK Now say it again but don't say /K/ Say PENCIL. Now say it again but don't say /P/ 13 Say SAND Now say it again but don't say /S/ Say JANITOR. Now say it again but don't say /JAN/ 20 Change the first sound in SINK to /TH/ (think) Change the last sound in TEAM to /TH/ (teeth) 27 Say SCHOOL. Now say it again but don't say /S/ Say TEACHER. Now say it again but don't say /R/	7 Say RECESS. Now say it again but don't say CESS Say CAFETERIA. Now say it again but don't say CAF 14 Change the first sound in THROW to /G/ (grow) Change the last sound in PEACH to /L/ (peel) 21 Change the middle sound in BOAT to /oo/ (boot) Change the middle sound in SAIL to /E/ (Seal) 28 Change the first sound in FISH to /W/ (wish) Change the last sound in ROAD to /P/ (rope)	1 Add /CH/ to the end of COW (couch) Add /B/ to the beginning of IN (bin) 8 Say DESK Now say it again but don't say /D/ Say PAPER. Now say it again but don't say /ER/ 15 Add /S/ to the end of MY (mice) Add /S/ to the beginning of COOL (school) 22 Say BEACHBALL Now say it again but don't say BALL Say STARFISH Now say it again but don't say STAR 29 Change the first sound in PEAR to /CH/ (chair) Change the last sound in COACH to /T/ (coat)	2 Read or listen to a book. Listen for words that have the the /T/ sound. Did you hear the sound in the beginning, middle or end of the word? 9 Read or listen to a book. Listen for words that have the the /F/ sound. Did you hear the sound in the beginning, middle or end of the word? 16 Read or listen to a book. Listen for words that have the the /CH/ sound. Did you hear the sound in the beginning, middle or end of the word? 23 Read or listen to a book. Listen for words that have the the /G/ sound. Did you hear the sound in the beginning, middle or end of the word? 30 Read or listen to a book. Listen for words that have the the /B/ sound. Did you hear the sound in the beginning, middle or end of the word?



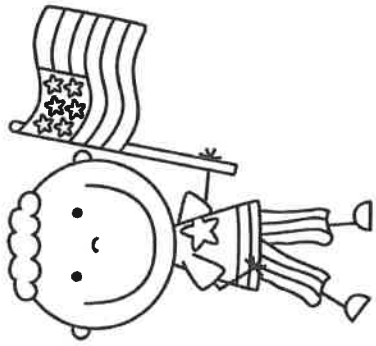
JUNE 2024

Fluency Calendar

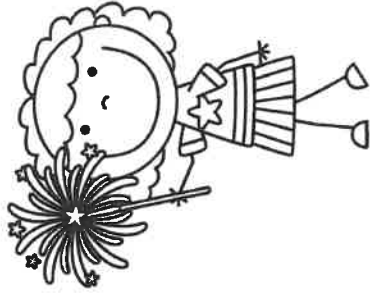
Color the box for each day you practice



Monday	Tuesday	Wednesday	Thursday	Friday
3 Stretch out these words: • Apple • Egg • Igloo • Octopus • Onion	4 Try to stay relaxed today when speaking. Take belly breaths if needed.	5 Count from 1 to 20 using slow and easy speech.*	6 Say the following sentence using a "silly" then a "scary" voice. <i>It's time to go.</i>	7 Fluency Fact Friday Everyone experiences a "normal" amount of dysfluency when they speak.
10 Stretch these words using one breath: man...fan cat...mat top...tap	11 When talking to people today, make sure you talk using a nice rate, allowing time for appropriate pausing.	12 Say your address and phone number using slow and easy speech.*	13 Say the following sentence in a "loud" voice then again in a whisper. <i>I want some ice cream.</i>	14 Fluency Fact Friday More than 70 million people world wide stutter. 3 million live within the United States.
17 Say these words using exhaled air. • Hat • Happy • Horse • Hippo • Helicopter	18 Use your best eye contact when speaking today.	19 Recite the alphabet using slow and easy speech.*	20 Say the following sentence using "easy/fluent" speech, then again with "bumpy/dysfluent" speech. <i>Do you like pickles?</i>	21 Fluency Fact Friday Stuttering affects 4 times as many boys (males) as girls (females).
24 Say these words using light contact: • Bike • Path • Dirt • Team • Girl	25 When talking to people today, make sure you give yourself a few seconds wait time before responding.	26 Tell 5 things you would take on a picnic, using slow and easy speech.*	27 Say the following sentence using a "little kid" voice then again in a "grown up" voice. <i>Did you see the fireworks?</i>	28 Fluency Fact Friday It's important to maintain good eye contact, even when you are dysfluent.
* 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.)				



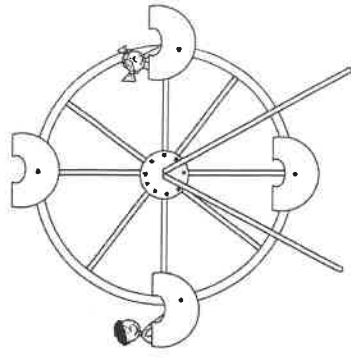
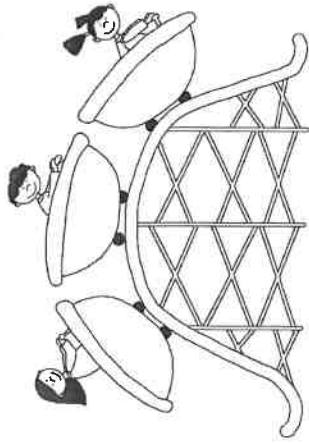
July 2024



Fluency Calendar

Color the box for each day you practice

Monday	Tuesday	Wednesday	Thursday	Friday
1 Say these words in sentences using light contact: • color • fun • three • school • child	2 Sing your favorite song.	3 Say the following sentence using super slow speech then again with super fast speech. <i>Did you see the fireworks?</i>	4 Use your best easy/fluently speech during breakfast.	5 Fluency Fact Friday Many preschool children stutter, but they eventually outgrow it.
8 Say these words in sentences using exhaled air. • Hat • Happy • Horse • Hello • Helicopter	9 Recite the months of the year using slow and easy speech.*	10 Say the following sentence using a high pitch then again with a low pitch. <i>Summer is my favorite season.</i>	11 Use your best easy/fluently speech during dinner.	12 Fluency Fact Friday People usually don't stutter when they sing, whisper or talk in unison.
15 Stretch out these words: • Ape • Eat • Ice cream • Open • Unicorn	16 Time to Relax! Take in 5 deep belly breaths. Feel your diaphragm move "in" and "out".	17 Say the following sentence using "easy/fluently" speech, then again with "bumpy/dysfluent" speech. <i>Let's go to the movies</i>	18 Use your best easy/fluently speech during snack time.	19 Fluency Fact Friday It is important to maintain good eye contact when you or someone else is stuttering.
22 Say the following sentence using 1 or more pauses. <i>The kids had fun at the beach.</i>	23 Recite the days of the week using slow and easy speech.*	24 Say the following sentence using a "mad" voice then again with a "whiney" voice. <i>Let's ride the rollercoaster.</i>	25 Use your best easy/fluently speech during lunch.	26 Fluency Fact Friday Stuttering and stammering mean the same thing.
29 Say these words using light contact: • Kite • Food • Thanks • Sand • Cheese	30 Read a few pages out of a book. Make sure you using good pausing.	31 Say the following sentence using an "excited" then a "sleepy" tone of voice. <i>Let's go to the beach.</i>	* 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.)	



AUGUST 2024

Fluency Calendar

Color the box for each day you practice

Monday	Tuesday	Wednesday	Thursday	Friday
5 Stretch out these words as you say them in sentences. • Acorn • Eagle • Ice • Oval • Unicycle	* 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. 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/fluently speech when you're in your bedroom today.	1 Use your best easy/fluently speech while talking on the phone today.	2 Fluency Fact Friday Stuttering often runs in families and is more common in males.
12 Say these words in sentences using light contact: • 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/fluently speech when you're in the car today.	8 HOPES FOR THIS YEAR! 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.
19 Stretch out these words as you say them in sentences. • 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/fluently speech while talking with your friends today.	15 SPEECH GOALS 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.
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/fluently speech during snack time.	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.
	29 MORE HOPES FOR THIS YEAR! Tell someone what you hope to accomplish this year in speech class.			30 Fluency Fact Friday Repetitions, hesitations and revisions are types of dysfluencies.