



August Voice Program



Practice your healthy voice habits every day.

Draw a ☆ on your calendar for every day that you complete a Healthy Voice Activity.

Date	Healthy Voice Activities
1	No coughing or throat clearing today.
2	Ask mom and dad how they feel you are doing with your voice.
3	Take it easy today. Slow down.
4	Name 10 things in your room using a gentle voice.
5	Review your relaxation exercises.
6	A quiet voice is a healthy voice. SHHHHH!
7	Use your hands to show how the vocal cords vibrate.
8	Ask a friend to help you use a quiet voice today.
9	Play day! Use an easy voice when playing.
10	Name 10 summer words using a gentle, easy voice.
11	Make a poster for your room to remind you to use a gentle voice.
12	Relax and do 5 shoulder shrugs.
13	Remember, voice rest is important. Rest your voice today.
14	Have fun today, but do not yell.
15	Keep your radio or TV on low volume. Do not yell over it.
16	Review your breathing exercises.
17	Name some noisy things in your neighborhood.
18	Have mom chart your vocal abuse today. Did you do well?
19	Look up the word "hoarse" in the dictionary.
20	Be as quiet as a mouse today.
21	Name 3 activities you need your voice for.
22	Name 3 activities you do not need your voice for.
23	Use the word "hoarse" in a sentence.
24	Relax and do some neck rolls.
25	Find a rubber band. Show how it vibrates just like your voice box.
26	Name all the noisy appliances in your house.
27	Watch others today. Did anyone abuse his or her voice?
28	Name all the quiet appliances in your home.
29	How many days until school begins?
30	Say a rhyme with a gentle voice.
31	Enjoy the final days of summer!