



# July Voice Program



Practice your healthy voice habits every day.

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

<b>Date</b>	<b>Health Voice Activities</b>
1	Which is the noisiest: a school, a mall, or a church?
2	No yelling or loud talking today.
3	Promise yourself to use good, healthy voice habits.
4	Fourth of July! Have fun, but don't abuse your voice!
5	Listen in your house. What makes the most noise?
6	Remember, no loud play noises today.
7	When you answer the telephone, remember to use a good voice.
8	Watch a TV show. Don't talk during the whole show.
9	Write yourself a note to use a healthy voice. Carry it in your pocket today.
10	Name some tools that are noisy.
11	Use these words in a sentence: noisy noisier noisiest
12	Sit outside. What loud things do you hear?
13	Try not to cough or clear your throat all day.
14	Go outside today and listen for 10 minutes. Hear all the sounds of summer.
15	Give your voice a rest today.
16	Make up your own game and play it with someone.
17	No singing today!
18	Discuss how to play sports without abusing your voice.
19	Review the things that are bad for your voice.
20	Give your voice a rest for at least 15 minutes today.
21	Explain the meaning of "easy onset."
22	Watch cartoons. Do any of the characters abuse their voice?
23	Review your breathing exercises.
24	Say 5 "h" words using easy onset.
25	Look in the refrigerator. Find 5 things that begin with a vowel sound.
26	Remember, whispering makes your vocal chords tight.
27	Find a picture in a magazine that shows someone abusing their voice.
28	If you play sports, make sure your coach knows you need to use a healthy voice.
29	Go swimming if you can, but no yelling in the pool.
30	Read a book out loud, using a gentle voice.
31	Make a poster about healthy voice. Hang it on your refrigerator.