



# June 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>Healthy Voice Activities</b>
10	Ask mom and dad to help you use healthy voice habits this summer.
11	Say these words using easy onset: apple, egg, inch, under, octopus
12	Explain what a healthy voice is like.
13	Make a placemat for dinner that will remind you not to abuse your voice.
14	How can you release anger without yelling?
15	Is today trash day? Is your trash truck noisy or quiet?
16	Get a lot of drinks today to keep your throat moist.
17	Name animals that make noisy sounds with their voice.
18	Read a short story to your dad using a gentle voice.
19	What animals have a voice box?
20	Review your breathing exercises.
21	First day of summer!
22	Draw a picture of 3 things that remind you of the word "rough."
23	Chart your good voice behaviors today. How did you do?
24	Chart your vocal abuse behaviors today. How did you do?
25	Call a friend on the telephone, using a nice, gentle voice.
26	Go swimming if you can, but no yelling in the pool!
27	Name 5 ways people abuse their voices.
28	Name 5 ways people use their voices in a healthy way.
29	Relax. Give your voice a rest.
30	Where are your lungs? Take 5 deep breaths.