

Reading Exercise (75-85dB): Read each sentence two times. The second time, use *MORE INTENT*!

She sings a song.

I call my friend.

They fasten their seat belts.

You gather the flowers.

He washes his clothes.

She mails a letter.

I lock the door.

He turns the key.

She walks the dog.

They build a house.

He charges his phone.

He chases the dog.

They change a tire.

I hug my child.

He wraps a present.

She knits a sweater.

You rinse the dishes.

He ties his shoes.

They walk with INTENT.

I speak with purpose.

Conversation Exercise (72-78dB): *Complete these exercises on your own or with a partner.*

State the following information with INTENT:

My full name is _____.

My birthday is _____.

My phone number is _____.

My address is _____.

Now, challenge yourself!

1. Say and spell your first name two times with INTENT.
2. Spell your first name backward with INTENT. Do it again with MORE INTENT!
3. Role-play giving your contact information to a doctor's office. Say every word with INTENT.