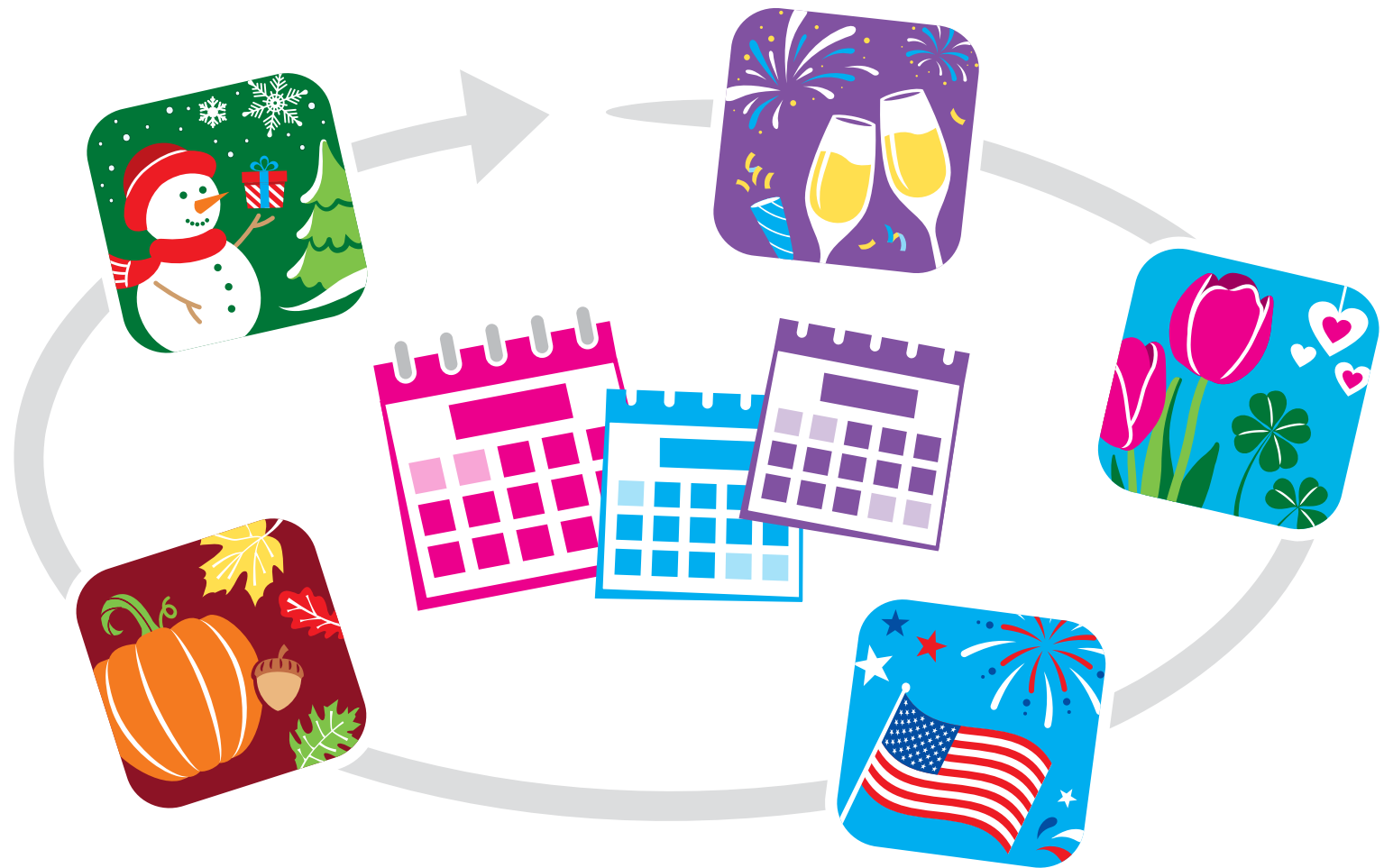


A Year of Intent



PARKINSON VOICE PROJECT

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JANUARY - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1

2

3

STOP

4

5

6

STOP

7

8

9

STOP

10

11

12

STOP

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

Happy New Year!

It's snowing!

Drive safely.

Let's celebrate!

It's a snowy day.

I'd like some soup.

Remember your mittens!

Turn on the heat.

Look! Snowflakes!

Turn over a new leaf.

It's a fresh start.

Auld Lang Syne.

Pay the credit card bill.

It's time for the countdown!

Set your goals.

Toast the marshmallows!

Are they on their way?

The grandkids are sledding.

They're having a party!

Say, "Cheers!" with INTENT!

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

Let's have a party!

Baby, it's cold outside.

Get your ice skates!

Warm up the car.

Defrost the windshield.

Where's my other mitten?

I need a blanket.

Whew! It's warm in here.

I bought a new calendar.

Best wishes this year!

Pop open the champagne!

Winter break is almost over.

Grab your coat and scarf.

There's soup on the stove.

Did you set a goal?

This is my resolution.

Look at the beautiful snow.

Recycle the gift wrap.

Time to write thank you notes.

Celebrate with INTENT!

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Holidays

Vegetables

Beverages

Words Beginning With "J"

Furry Animals

Snowy Cities

Types Of Soups

Winter Sports

Things That Are White

Things That Are Cold

Historical Periods

Comfort Foods

Items In The Freezer

Places To Ski

New Year's Resolutions

Winter Activities

College Bowls

Family Traditions

Things That Melt

Ways To Describe "INTENT"

JANUARY - LESSON 2

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

We had a heavy snowfall last night.

Would you like some hot cocoa with marshmallows?

Check the coat closet for an extra pair of mittens.

The front porch steps are slippery. Watch out!

This weekend, we will pack up the holiday decorations.

I enjoy reading a good book while sitting by the fire.

The electricity went out! Where's the flashlight?

Give me a moment while I put on my coat and scarf.

I would like a bowl of hot tomato soup, please.

We danced with INTENT all night long.

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

Are you coming over for dinner this evening?

Let's go to the neighbor's house to visit.

She brought over some fresh baked bread.

My family is coming in town next week.

Did you get together with your family over the holidays?

Are you ready to build a snowman?

You can warm up by the fireplace.

I'm going to start exercising tomorrow.

Did you have a good time at the party?

I will speak with INTENT every day.

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. NEW YEAR'S DAY - yard, rear, dew, etc).*

NEW YEAR'S DAY

GLASS OF CHAMPAGNE

CELEBRATION

TWELVE O'CLOCK

STROKE OF MIDNIGHT

FIRECRACKERS

EVENING GOWN

TURN OVER A NEW LEAF

A FRESH START

HYPOTHERMIA

RESOLUTIONS

AULD LANG SYNE

COUNTDOWN

TIMES SQUARE

PARTY INVITATION

FATHER TIME

GATHERING

CHILLY WEATHER

HOT CHOCOLATE

INTENTIONAL

JANUARY - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5 **10** **15** **20** STOP

25 **30** **35** **40** STOP

45 **50** **55** **60** STOP

65 **70** **75** **80** STOP

85 **90** **95** **100** STOP

Reading Exercise (75-85dB): *Read each proverb from around the world two times. The second time, use MORE INTENT!*

Fall seven times, stand up eight. (Japan)

To be willing is only half the task. (Armenia)

Age is honorable and youth is noble. (Ireland)

It takes a whole village to raise a child. (Africa)

When the sun rises, it rises for everyone. (Cuba)

Measure a thousand times and cut once. (Turkey)

Change yourself and fortune will change. (Portugal)

Before you score, you first must have a goal. (Greece)

Don't sail out farther than you can row back. (Denmark)

Where love reigns, the impossible may be attained. (India)

Living with INTENT can improve your quality of life. (Parkinson Voice Project)

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

Make new friends, but keep the old. One is silver and the other gold.

A circle is round; it has no end. That's how long I will be your friend.

A fire burns bright; it warms the heart.

We've been friends from the very start.

You have one hand; I have the other.

Put them together, and we have each other.

Silver is precious; gold is too. I am precious, and so are you.

You help me, and I'll help you; and together, we will see it through.

The sky is blue; the earth is green. I can help to keep it clean.

Across the land; across the sea. Friends forever we will always be.

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Hanging A Picture

Serving Champagne

Scheduling A Doctor's Appointment

Packing Carry-On Luggage

Creating An Exercise Routine

Planning A New Year's Eve Party

Driving Your Car After A Snowstorm When It's Parked On The Street

Preparing A Four-Course Meal

Keeping Kids Entertained During A Power Outage

Completing Your SPEAK OUT! Exercises

JANUARY - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2	4	6	8	10	STOP
12	14	16	18	20	STOP
22	24	26	28	30	STOP
32	34	36	38	40	STOP
42	44	46	48	50	STOP

Reading Exercise (75-85dB): Read “Auld Lang Syne” two times. The second time, use MORE INTENT!

Should old acquaintance be forgot, and never brought to mind?
Should old acquaintance be forgot and auld lang syne?

For auld lang syne, my dear, for auld lang syne,
We'll take a cup of kindness yet, for auld lang syne.

And surely you'll buy your pint cup! And surely I'll buy mine!
And we'll take a cup o' kindness yet, for auld lang syne.

We two have run about the slopes, and picked the daisies fine;
But we've wandered many a weary foot, since auld lang syne.

We two have paddled in the stream, from morning sun till dine;
But seas between us broad have roared since auld lang syne.

And there's a hand my trusty friend! And give me a hand o' thine!
And we'll take a right good-will draught, for auld lang syne.

Reading Exercise (75-85dB): Read “A Nation’s Strength” by Ralph Waldo Emerson two times. The second time, use **MORE INTENT!**

What makes a nation’s pillars high and its foundations strong?
What makes it mighty to defy the foes that round it throng?

It is not gold. Its kingdoms grand go down in battle shock;
Its shafts are laid on sinking sand, not on abiding rock.

Is it the sword? Ask the red dust of empires passed away;
The blood has turned their stones to rust, their glory to decay.

And is it pride? Ah, that bright crown has seemed to nations sweet;
But God has struck its luster down in ashes at his feet.

Not gold but only men can make a people great and strong;
Men who for truth and honor’s sake stand fast and suffer long.

Brave men who work while others sleep, who dare while others fly...
They build a nation’s pillars deep and lift them to the sky.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

New Year's Resolutions And Strategies For Keeping Them

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

FEBRUARY - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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

Happy Valentine's Day!

I love my family.

Where's my sweater?

Sweet dreams!

Sealed with a kiss.

Let me call you sweetheart.

I feel better now.

I'm in love!

You're so sweet.

Shall we dance?

What beautiful roses!

Ready for spring?

It's President's Day.

Would you like a hug?

Let's make hot chocolate.

Be my valentine!

How much are the roses?

Hugs and kisses.

This is my favorite song.

Sing with INTENT.

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

Always and forever.

Two peas in a pod.

You are so kind.

Spring is around the corner.

Let's take a picture.

I lost my phone.

What's the forecast?

Where are you going?

Please pass me a cookie.

All you need is love.

Did you see the groundhog?

I want to hold your hand.

The ice is melting.

What a surprise!

It's time to go.

Stop and smell the roses.

I need a nap.

Have you seen the news?

Let's go out to dinner.

Let's dance with INTENT.

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Presidents

Restaurants

Plants

Types Of Candy

Terms Of Endearment

Things That Are Red

Football Teams

Words Beginning With "F"

Desserts

Sports

Famous Couples

First Ladies

Things That Smell Good

Romantic Comedies

Song Titles

Ways To Say, "I Love You"

Types Of Wine

Expensive Gifts

Romantic Getaways

Things That Sparkle

FEBRUARY - LESSON 2

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

Absence makes the heart grow fonder.

Do we have any firewood left outside?

Spring is just around the corner.

They will be out of the country next month.

I'd like to make a toast to the happy couple!

Let's take a dance class together. It will be fun!

I found your wedding ring on the sink!

How long will it take to get to their house?

Don't forget to lock the front door.

I will live every single day with INTENT!

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

I hope you have a good night's rest.

It's been so long since we've seen each other.

How much does this bouquet of flowers cost?

I would like to reserve a table for two, please.

I'm going to order the steak with a side of mashed potatoes.

She is going to give me a ride downtown.

Would you like me to turn on the light?

I'll be there in just a few minutes.

Make sure you turn off the oven before you leave.

My family can hear me when I speak with INTENT.

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. FALL IN LOVE - novel, nail, no, live, of, etc).*

FALL IN LOVE

FRANKLIN D ROOSEVELT

TRUE LOVE'S KISS

BOW AND ARROW

ROMANTIC DATE

VICE PRESIDENT

LOVE LETTERS

ABRAHAM LINCOLN

GEORGE WASHINGTON

PENNSYLVANIA AVE

SAINT VALENTINE

CHOCOLATE FONDUE

ENDEARMENT

PRESIDENT'S DAY

SECRET ADMIRER

COMMANDER IN CHIEF

HOUSE OF REPRESENTATIVES

FEDERAL HOLIDAY

FOREFATHERS

FORGET-ME-NOTS

FEBRUARY - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5 **10** **15** **20** STOP

25 **30** **35** **40** STOP

45 **50** **55** **60** STOP

65 **70** **75** **80** STOP

85 **90** **95** **100** STOP

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

I would rather belong to a poor nation that was free than to a rich nation that had ceased to be in love with liberty. Woodrow Wilson

When only one side of a story is heard and often repeated, the human mind becomes impressed with it insensibly. George Washington

Mankind must put an end to war – or war will put an end to mankind.
John F. Kennedy

One man with courage is a majority. Thomas Jefferson

Peace is the best time for improvement and preparation of every kind; it is in peace that our commerce flourishes most, that taxes are most easily paid, and that the revenue is most productive. James Monroe

It is easier to do a job right than to explain why you didn't. Martin Van Buren

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

Do I not destroy my enemies when I make them my friends?

Abraham Lincoln

My failures have been errors of judgment, not of INTENT. Ulysses S. Grant

The only man who makes no mistake is the man who does nothing.

Theodore Roosevelt

Peace is not made at the Council table or by treaties, but in the hearts of men. Herbert Hoover

Happiness lies in the joy of achievement and the thrill of creative effort. Franklin D. Roosevelt

America is too great for small dreams. Ronald Reagan

A pen is certainly an excellent instrument to fix a man's attention and to inflame his ambition. John Adams

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Writing A Love Letter

Ordering Flowers

Making A Restaurant Reservation

Rescheduling An Appointment

Finding A Romantic Movie To Watch

Cooking A Meal For Two

Hosting A Super Bowl Party

Planning A Vacation

Collecting Donations For Your Favorite Charity

Contacting Your State Representatives About An Issue

FEBRUARY - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2 4 6 8 10 STOP

12 14 16 18 20 STOP

22 24 26 28 30 STOP

32 34 36 38 40 STOP

42 44 46 48 50 STOP

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

The Queen of Hearts,
She made some tarts,
All on a summer's day.

The Knave of Hearts, He stole those tarts,
And with them ran away.
The King of Hearts, Called for the tarts,

And beat the Knave full sore.
The Knave of Hearts Brought back those tarts,
And said he'll ne'er steal more.

(Continued...)

The king of spades,
He kiss'd the maids,
Which vexed the queen full sore.

The queen of spades,
She beat those maids,
And turn'd them out of door.

The knave of spades,
Griev'd for these jades,
And did for them implore.

The queen so gent,
She did relent,
And vow'd she ne're strike more.

(Continued...)

The king of clubs,
He often drubs,
His loving queen and wife.

The queen of clubs,
Returns him snubs,
And all is noise and strife.

The knave of clubs,
Gives winks and rubs,
And swears he'll take no parts.

For when our kings,
Will do such things,
They should be made to smart.

(Continued...)

The diamond king,
I fain would sing,
And likewise his fair queen.

But that the knave,
A haughty slave,
Must needs step in between.

Good diamond king,
With hempen string,
This haughty knave destroy.

Then may your queen,
With mind serene,
Your royal bed enjoy.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Famous Couples

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Ways To Show Affection

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MARCH - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1

2

3

STOP

4

5

6

STOP

7

8

9

STOP

10

11

12

STOP

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

Happy St. Patrick's Day.

Don't pinch me!

It's windy today.

Mad as a March hare.

Are you wearing green?

High five!

Listen to the birds.

The flowers are blooming.

Turn on the sprinklers.

Look! A rainbow!

Let's watch basketball.

I need to wash the car.

It's time for spring cleaning.

Please take out the trash.

Let's go for a walk.

It's beautiful outside.

She is busy today.

Let's plant a garden.

Phew! I'm tired!

Luck of the Irish.

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

I found a four-leaf clover!

Which way are we going?

The attic is dusty.

You have a lovely smile.

Are you ready for breakfast?

Do you like poetry?

They will host game night.

I am going to a yoga class.

Please wash the windows.

Walk with INTENT!

Let's take a road trip.

Are you allergic to cats?

The house needs tidying.

Let's visit the museum.

Daylight savings begins today.

Let's go out to eat.

This is my favorite show.

My favorite color is green.

The weather is so nice.

I speak with confidence.

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Things That Are Green

Flowers

Types Of Pets

Words Beginning With “M”

Types Of Rooms

Allergens

Electronic Devices

Types Of Exercise

Fast Food Chains

Leisure Activities

Basketball Teams

Spring Break Destinations

Things That Grow

Indoor Sports

Television Programs

Cleaning Products

Famous Athletes

Inspirational People

Things That Are Heavy

Things That Float

MARCH - LESSON 2

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

The kids are on spring break next week.

In like a lion, out like a lamb.

Here comes allergy season!

It's a stormy night.

Turn up the volume on the television, please.

I put the folded laundry next to your dresser.

What is the best time to have a garage sale?

We need to leave at six o'clock to arrive on time.

Meet me by the big oak tree in the front yard.

Speaking with INTENT makes me feel strong.

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

It's time to clean out the garage.

Will you go to the store to pick up eggs and milk?

You are welcome to join us at the movies tonight.

Did you put the boxes in the attic yet?

It looks like the dog wants to go outside for a walk.

What time does the community center open?

He likes to volunteer at least twice a week.

Do I have any appointments coming up?

Which pharmacy is closest to my house?

When I speak with INTENT, everyone hears me.

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. SAINT PATRICK'S DAY - paint, patty, it, etc).*

SAINT PATRICK'S DAY

POT OF GOLD

SHAMROCKS

EMERALD ISLE

BLOSSOMING

GOOD LUCK CHARM

WEARING GREEN

BLARNEY STONE

AQUAMARINES

BABY ANIMALS

LEPRECHAUNS

COLLEGE BASKETBALL

SPRING CLEANING

FOUR-LEAF CLOVER

DUBLIN, IRELAND

DEWY MORNINGS

MARCH MADNESS

SPRING BREAK

DAYLIGHT SAVINGS TIME

MARCH SEVENTEENTH

MARCH - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5 **10** **15** **20** STOP

25 **30** **35** **40** STOP

45 **50** **55** **60** STOP

65 **70** **75** **80** STOP

85 **90** **95** **100** STOP

Reading Exercise (75-85dB): Read this excerpt from “Clover-Blossom” by Louisa May Alcott two times. The second time, use MORE INTENT!

In a quiet, pleasant meadow,
Beneath a summer sky,
Where green old trees their branches waved,
And winds went singing by;

Where a little brook went rippling,
So musically low,
And passing clouds cast shadows,
On the waving grass below;

Where low, sweet notes of brooding birds,
Stole out on the fragrant air,
And golden sunlight shone undimmed,
On all most fresh and fair;

(Continued...)

There bloomed a lovely sisterhood,
Of happy little flowers,
Together in this pleasant home,
Through quiet summer hours.

No rude hand came to gather them,
No chilling winds to blight,
Warm sunbeams smiled on them by day,
And soft dews fell at night.

So here, along the brook-side,
Beneath the green old trees,
The flowers dwelt among their friends,
The sunbeams and the breeze.

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Building A Tree House

Donating Clothes To A Charity

Planning A Beach Trip

Mowing The Lawn

Painting A Room

Making A Vegetable Garden

Preparing For A Garage Sale

Hosting A Baby Shower

Organizing A Fundraiser

Building A Fence

MARCH - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2 4 6 8 10 STOP

12 14 16 18 20 STOP

22 24 26 28 30 STOP

32 34 36 38 40 STOP

42 44 46 48 50 STOP

Reading Exercise (75-85dB): Read the following adaptation of “Speaking a Piece” by James Baldwin two times. The second time, use MORE INTENT!

The minister took from his pocket a sheet of paper on which some verses were written. “See! It is a little speech that I have written for Edward. The teacher will soon ask him to speak a piece at school, and I am sure that he can speak it well.” Edward soon knew every word. When the time came for him to speak, he pronounced every word with INTENT. Would you like to read his speech? Here it is:

Pray, how shall I, a little lad,
In speaking make a figure?
You’re only joking, I’m afraid –
Just wait till I am bigger.
But since you wish to hear my part,
And urge me to begin it,
I’ll strive for praise with all my heart,
Though small the hope to win it.
I’ll tell a tale how Farmer John

(Continued...)

A little roan colt bred, sir,
Which every night and every morn
He watered and he fed, sir.
Said Neighbor Joe to Farmer John,
“You surely are a dolt, sir,
To spend such time and care upon
A little useless colt, sir.”
Said Farmer John to Neighbor Joe,
“I’ll bring my little roan up
Not for the good he now can do,
But will do when he’s grown up.”
The moral you can plainly see,
To keep the tale from spoiling,
The little colt you think is me –
I know it by your smiling.
And now, my friends, please to excuse
My lisping and my stammers;
I, for this once, have done my best,
And so – I’ll make my manners.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Causes Of Allergies

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Spring Cleaning Tasks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

APRIL - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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

April Fool's!

Look at the new blooms.

She made cookies.

It's cloudy outside.

You pranked me!

Turn on the garden hose.

Live with purpose!

He loves the sunshine.

Let's go to lunch.

She speaks with gusto!

Please water the garden.

Let's go to the movies!

File your taxes.

He says it like he means it!

The garden is green.

I need my rain boots.

Grab the umbrella!

Take cover!

I found a ladybug.

My voice is strong.

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

Are the tulips growing?

Keep your chin up.

I can hear the birds.

She paid the bill.

I smile with my voice.

Let's get ice cream.

The mail is here.

The seeds are sprouting.

Home run!

I would like a receipt.

Practice, practice, practice!

Ah! It's raining!

The trees need trimming.

Play ball!

The sun is coming out.

Do you have the map?

What did you plant?

Please print your name.

We're going to the zoo.

I live with INTENT.

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Insects

Baseball Teams

Parkinson's Symptoms

Things On A Farm

Rainy Cities

Words Beginning With "A"

Things That Use Batteries

Cartoon Characters

Newspapers

Herbs

Medical Professions

Book Titles

Baseball Players

Synonyms For "INTENT"

Funny Movies

Recyclable Items

Poets

Comedians

Famous Leaders

Fairy Tales

APRIL - LESSON 2

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

April is Parkinson's Awareness Month.

We were busy filing our taxes before the deadline.

April showers bring May flowers.

Will you come with me to the hardware store?

Rain, rain, go away. Come again another day!

The dentist's office called to schedule an appointment.

I'm available this Friday at three o'clock.

Where would you like to have lunch?

Do you take cream or sugar with your coffee?

I will not only speak with INTENT, but I will live with INTENT!

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

April 11th is World Parkinson's Day.

How much longer will it be? I've been waiting for an hour.

The neighbors invited us over for coffee and dessert.

Is there an opening next Tuesday at nine o'clock?

I will call you back later this week.

We should avoid all the construction on the road.

We went to high school together.

The grocery store ran out of my favorite cereal.

Come on! We don't want to be late!

How does my voice sound today?

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. APRIL FOOL'S DAY - pool, fair, yard, is, etc).*

APRIL FOOL'S DAY

EASTER SUNDAY

SPEAK OUT!

GREEN LEAVES

SENSE OF HUMOR

PARKINSON'S AWARENESS

SPEAKING WITH INTENT

STRESS REDUCTION

WORLD HEALTH DAY

INCOME TAXES

WITH PURPOSE

WARMER WEATHER

LIGHTHEARTED

PRACTICAL JOKE

FLOWER BLOSSOMS

BASEBALL SEASON

APRIL SHOWERS

LIBRARY BOOKS

THOMAS JEFFERSON

LIVE WITH INTENT!

APRIL - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5 **10** **15** **20** STOP

25 **30** **35** **40** STOP

45 **50** **55** **60** STOP

65 **70** **75** **80** STOP

85 **90** **95** **100** STOP

Reading Exercise (75-85dB): Read *“The King and the Bees”* by James Baldwin two times. The second time, use **MORE INTENT!**

King Solomon was sitting on his throne, and his men were standing around him. Suddenly, the Queen of Sheba came in.

“O King,” she said, “I have heard much about your power and glory, but more about your wisdom. Men have told me that there is no riddle that you cannot solve. I have a puzzle which will test your wisdom. Shall I show it to you?”

“Most certainly, O Queen,” replied Solomon.

She held up in each hand a wreath of flowers. The wreaths were so alike that none could point out any difference.

“One of these wreaths,” said the queen, “is made of flowers from your garden. The other is made of artificial flowers. Now, tell me, O King, which is the true, and which is the false?”

(Continued...)

The king was puzzled. He looked at the wreaths from every side. He frowned. He bit his lips. "I have heard that you are the wisest man in the world," she said, "Surely this simple thing ought not to puzzle you. Look at the flowers carefully, and let us have your answer."

Then the king remembered that close by his window there was a vine filled with beautiful flowers. He remembered that he had seen many bees flying and gathering honey from them. So he said, "Open the window!"

It was opened. Two bees flew eagerly in. Then came another and another. All flew to the flowers in the queen's right hand. Not one of the bees so much as looked at those in her left hand.

"O Queen of Sheba, the bees have given you my answer," said Solomon.

And the queen said, "You are wise, King Solomon. You gather knowledge from the little things which common men pass by unnoticed."

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Making Your Favorite Sandwich

Dyeing Easter Eggs

Caring For A Pet

Buying A New Refrigerator

Maintaining Your Intentional Voice

Planning A Surprise Party

Finding An Exercise Class That You Would Enjoy

Buying Tickets For A Sports Event

Finding A Doctor Who Specializes In Parkinson's

Planning A Picnic

APRIL - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2	4	6	8	10	STOP
12	14	16	18	20	STOP
22	24	26	28	30	STOP
32	34	36	38	40	STOP
42	44	46	48	50	STOP

Reading Exercise (75-85dB): Read “Casey at the Bat” by Ernest Thayer two times. The second time, use **MORE INTENT!**

The outlook wasn't brilliant for the Mudville Nine that day;
The score stood four to two, with but one inning more to play.
And then when Cooney died at first, and Barrows did the same,
A sickly silence fell upon the patrons of the game.

A straggling few got up to go in deep despair. The rest
Clung to that hope which springs eternal in the human breast;
They thought, if only Casey could get but a whack at that –
They'd put up even money, now, with Casey at the bat.

But Flynn preceded Casey, as did also Jimmy Blake,
And the former was a lulu and the latter was a fake,
So upon that stricken multitude grim melancholy sat,
For there seemed but little chance of Casey's getting to the bat.

(Continued...)

But Flynn let drive a single, to the wonderment of all,
And Blake, the much despised, tore the cover off the ball;
And when the dust had lifted, and the men saw what had occurred,
There was Jimmy safe at second and Flynn a-hugging third.

Then from five thousand throats and more there rose a lusty yell;
It rumbled through the valley, it rattled in the dell;
It knocked upon the mountain and recoiled upon the flat,
For Casey, mighty Casey, was advancing to the bat.

There was ease in Casey's manner as he stepped into his place;
There was pride in Casey's bearing and a smile on Casey's face.
And when, responding to the cheers, he lightly doffed his hat,
No stranger in the crowd could doubt 'twas Casey at the bat.

Ten thousand eyes were on him as he rubbed his hands with dirt;
Five thousand tongues applauded when he wiped them on his shirt.
Then while the writhing pitcher ground the ball into his hip,
Defiance gleamed in Casey's eye, a sneer curled Casey's lip.

(Continued...)

And now the leather-covered sphere came hurtling through the air,
And Casey stood a-watching it in haughty grandeur there.
Close by the sturdy batsman the ball unheeded sped -
“That ain’t my style,” said Casey. “Strike one,” the umpire said.

From the benches, black with people, there went up a muffled roar,
Like the beating of the storm-waves on a stern and distant shore.
“Kill him! Kill the umpire!” shouted someone on the stand;
And it’s likely they’d have killed him had not Casey raised his hand.

With a smile of Christian charity great Casey’s visage shone;
He stilled the rising tumult; he bade the game go on;
He signaled to the pitcher, and once more the spheroid flew;
But Casey still ignored it, and the umpire said, “Strike two.”

“Fraud!” cried the maddened thousands, and echo answered fraud;
But one scornful look from Casey, and the audience was awed.
They saw his face grow stern and cold, they saw his muscles strain,
And they knew that Casey wouldn’t let that ball go by again.

(Continued...)

The sneer is gone from Casey's lip, his teeth are clenched in hate;
He pounds with cruel violence his bat upon the plate.
And now the pitcher holds the ball, and now he lets it go,
And now the air is shattered by the force of Casey's blow.

Oh, somewhere in this favored land the sun is shining bright;
The band is playing somewhere, and somewhere hearts are light,
And somewhere men are laughing, and somewhere children shout;
But there is no joy in Mudville – mighty Casey has struck out.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Things Associated With Spring

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Ways To Stay Motivated

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MAY - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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

How are you today?

Fine, thank you!

The sun is coming out.

Are they on their way?

I'd like some more.

This chocolate cake is good.

The music is too loud.

Can you hear me?

Nice to see you again.

We are out of milk.

How's the weather outside?

We need more coffee.

When is your graduation?

Congratulations!

Let's dig in!

I would like a refill, please.

What time is the picnic?

Watch out for ants!

It's been a long time.

Walk with INTENT.

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

Happy May Day!

She plants flowers.

Spring has sprung.

Buy me some peanuts.

My cousin is on her way.

We will visit the vineyard.

She is graduating today!

How late is the store open?

Please cut the cake.

How can I reach you?

He stole third base!

It's a beautiful day.

School is almost over.

Let's watch the sunrise.

Would you like dessert?

Meet me at the restaurant.

Should we bring a gift?

Don't forget the card.

How much is the ticket?

Is this a good time to call?

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Mexican Dishes

Mother's Day Gifts

Things That Fly

Famous Mothers

Farm Animals

College Mascots

Gifts For Teachers

Types Of Cars

Spicy Foods

Extracurricular School Activities

Countries

Colleges

Types Of Celebrations

Military Branches

Government Agencies

War Films

Types Of Shoes

Names Beginning With "M"

Types Of Pastries

School Subjects

MAY - LESSON 2

Warm-Up Exercise (85-90dB):

May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB):

Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB):

Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

For Mother's Day, we will go to brunch.

My grandchild will be graduating over the weekend.

Do you have any summer plans this year?

The kids will be out of school soon.

The days are getting warmer and longer.

I spoke to the travel agent this morning.

Where is my swimsuit and beach towel?

Ouch! That sunburn looks like it really hurts!

How many people do you think will attend?

We'd better stop at the gas station soon.

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

Is it time to get the tires rotated?

I'm getting hungry. Can we stop and get a bite to eat?

Can I get this prescription automatically refilled?

She is checking the balance of her savings account.

Doctor, what should I do if I miss a dose of medicine?

I feel happy when I get to spend time reading.

I don't want to take the long way home.

On Sunday morning, let's make blueberry pancakes.

Could you please pass me the jam?

Speaking with INTENT means speaking purposefully.

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. CINCO DE MAYO - made, coin, dine, etc).*

CINCO DE MAYO

MAY FLOWERS

BETTER SPEECH AND HEARING

COMMENCEMENT

ARMED FORCES

GRANDMOTHERS

UNITED STATES OF AMERICA

LOVE OF COUNTRY

TEACHER APPRECIATION

GRADUATION

A MOTHER'S LOVE

CONGRATULATIONS

LILY OF THE VALLEY

MEMORIAL DAY

MOTHERHOOD

THUNDERSTORMS

BARBECUING

REMEMBRANCE

KENTUCKY DERBY

HEALTHY LIVING

MAY - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5 **10** **15** **20** STOP

25 **30** **35** **40** STOP

45 **50** **55** **60** STOP

65 **70** **75** **80** STOP

85 **90** **95** **100** STOP

Reading Exercise (75-85dB): Read "Over in the Meadow" by Olive A. Wadsworth two times. The second time, use MORE INTENT!

Over in the meadow,
In the sand, in the sun,
Lived an old mother toad
And her little toadie one.
"Wink," said the mother;
"I wink," said the one;
So she winked and she blinked in the sand, in the sun.

Over in the meadow,
Where the stream runs blue,
Lived an old mother fish
And her little fishes two.
"Swim," said the mother;
"We swim," said the two;
So they swam and they leaped where the stream runs blue.

(Continued...)

Over in the meadow,
In a hole, in a tree,
Lived an old mother bluebird
And her little birdies three.
“Sing,” said the mother;
“We sing,” said the three;
So they sang and were glad in the hole in the tree.

Over in the meadow,
In the reeds on the shore,
Lived a mother muskrat
And little ratties four.
“Dive,” said the mother;
“We dive,” said the four;
So they dived and they burrowed in the reeds on the shore.

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Making Your Favorite Dessert

Washing The Car

Comparing The Price Of Airline Tickets

Planning A Family Reunion

Participating In A Race

Serving Breakfast In Bed

Preparing A Nursery For A Newborn Baby

Hosting A Housewarming Party

Organizing A Graduation Party

Preparing For A Summer Cruise

MAY - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2 4 6 8 10 STOP

12 14 16 18 20 STOP

22 24 26 28 30 STOP

32 34 36 38 40 STOP

42 44 46 48 50 STOP

Reading Exercise (75-85dB): Read “The Perfect Dinner Table” by Edgar A. Guest two times. The second time, use MORE INTENT!

A table cloth that's slightly soiled
Where greasy little hands have toiled;
The napkins kept in silver rings,
And only ordinary things
From which to eat, a simple fare,
And just the wife and kiddies there,
And while I serve, the clatter glad
Of little girl and little lad
Who have so very much to say
About the happenings of the day.

Four big round eyes that dance with glee,
Forever flashing joys at me,
Two little tongues that race and run
To tell of troubles and of fun;

(Continued...)

The mother with a patient smile
Who knows that she must wait awhile
Before she'll get a chance to say
What she's discovered through the day.
She steps aside for girl and lad
Who have so much to tell their dad.

Our manners may not be the best;
Perhaps our elbows often rest
Upon the table, and at times
That very worst of dinner crimes,
That very shameful act and rude
Of speaking ere you've downed your food,
Too frequently, I fear, is done,
So fast the little voices run.
Yet why should table manners stay
Those tongues that have so much to say?

(Continued...)

At many a table I have been
Where wealth and luxury were seen,
And I have dined in halls of pride
Where all the guests were dignified;
But when it comes to pleasure rare
The perfect dinner table's where
No stranger's face is ever known:
The dinner hour we spend alone,
When little girl and little lad
Run riot telling things to dad.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Role Models

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Advice For Graduates

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

JUNE - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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

Let's go to the lake.

Watch out!

Will you check the mail?

I'd like to take a walk.

Nice to see you!

Can you give me a ride?

Mosquitos are biting.

I need a new watch.

She made a pot of coffee.

Are you ready yet?

I will take a nap.

It's time for my pills.

Turn on the fan, please.

She is getting tired.

He likes to swim.

Yum, homemade ice cream!

The pool is open.

A dozen donuts, please.

Do I need to bring anything?

I'm getting sleepy.

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

They are flying a kite.

Is the pool open?

Would you like fried eggs?

Watch your step.

They speak with INTENT!

Do you have bug spray?

She bought a watermelon.

The kids are feeding ducks.

He rides his bicycle.

Do you have a pen?

They're running late.

He sits on the park bench.

Drink plenty of water.

Eat your vegetables!

It's the beginning of summer.

I need a vacation.

He made sweet tea.

Hold the door!

Please answer the phone.

It's time to work out.

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Fruits

Ice Cream Flavors

Outdoor Sports

Hamburger Toppings

Names Beginning With "J"

Nearby Cities

Cold Beverages

Household Items

Types Of Tools

Canned Goods

Famous Landmarks

Camping Activities

Places To Swim

Things That Provide Shade

Camping Gear

Wedding Traditions

Famous Fathers

Food At A Barbeque

National Parks

Items At A Gas Station

JUNE - LESSON 2

Warm-Up Exercise (85-90dB):

May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB):

Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB):

Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

We are going to attend an outdoor wedding tomorrow.

Summer solstice is the longest day of the year.

Let's make a potato salad for the barbeque.

She is planning to bring a chocolate cake to the party.

He needs our help building a new shelf.

Put plenty of sunscreen on before you go outside.

How long have you lived in this area?

There's a downpour outside. Don't forget your umbrella!

What kind of music do you enjoy?

My grandchildren live a few hours away from here.

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

Do you need any help preparing for the party?

I received a letter from my grandson at summer camp.

I need help putting on my life jacket.

We should buy a first aid kit to keep in the car.

I would like to get a price check on this item.

What did you think about last night's concert?

My favorite ice cream flavor is butter pecan.

It looks like you have gotten a tan this summer!

We like to watch the fireflies when the sun goes down.

Be sure to beat the heat with plenty of water.

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. SUMMERTIME FUN - time, nut, minute, etc).*

SUMMERTIME FUN

TAKING A DIP

SUN PROTECTION FACTOR

CAMPING OUT

WIMBLEDON CHAMPIONSHIPS

WEDDING SEASON

VACATIONING SPOTS

PICNIC BASKET

SUMMER SOLSTICE

HERE COMES THE BRIDE

FRESH WATERMELON

DIVING BOARD

LAZY AFTERNOONS

FARMER'S MARKET

MOSQUITO BITES

DOG DAYS OF SUMMER

WATER SLIDE

JUNETEENTH

FISHING BAIT

LITTLE LEAGUE

JUNE - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5	10	15	20	STOP
25	30	35	40	STOP
45	50	55	60	STOP
65	70	75	80	STOP
85	90	95	100	STOP

Reading Exercise (75-85dB): Read “A Boy and His Dad” by Edgar A. Guest two times. The second time, use MORE INTENT!

A boy and his dad on a fishing trip –
There is a glorious fellowship!
Father and son and the open sky
And the white clouds lazily drifting by,
And the laughing stream as it runs along
With the clicking reel like a martial song,
And the father teaching the youngster gay
How to land a fish in the sportsman’s way.

I fancy I hear them talking there
In an open boat, and the speech is fair.
And the boy is learning the ways of men
From the finest man in his youthful ken.
Kings, to the youngster, cannot compare
With the gentle father who’s with him there.
And the greatest mind of the human race
Not for one minute could take his place.

(Continued...)

Which is happier, man or boy?
The soul of the father is steeped in joy,
For he's finding out, to his heart's delight,
That his son is fit for the future fight.
He is learning the glorious depths of him,
And the thoughts he thinks and his every whim;
And he shall discover, when night comes on,
How close he has grown to his little son.

A boy and his dad on a fishing trip –
Builders of life's companionship!
Oh, I envy them, as I see them there
Under the sky in the open air,
For out of the old, old long-ago
Come the summer days that I used to know,
When I learned life's truths from my father's lips
As I shared the joy of his fishing trips.

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Preparing For A Summer Barbeque

Making S'mores

Choosing A Hotel In An Unfamiliar City

Packing For A Cruise

Pitching A Tent

Catching A Fish

Planting A Bed Of Roses

Giving Instructions To A Housesitter

Organizing A Class Reunion

Planning A Small Wedding

JUNE - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2 4 6 8 10 STOP

12 14 16 18 20 STOP

22 24 26 28 30 STOP

32 34 36 38 40 STOP

42 44 46 48 50 STOP

Reading Exercise (75-85dB): Read “Which was the King?” by James Baldwin two times. The second time, use **MORE INTENT!**

One day, King Henry the Fourth of France was hunting in a large forest. Towards evening, he told his men to ride home by the main road while he went by another way that was longer.

As he came out of the forest, he saw a little boy by the roadside, who seemed to be watching for someone.

“Well, my boy,” said the king, “are you looking for your father?”

“No, sir,” answered the boy. “I am looking for the king. They say he is hunting in the woods and perhaps will ride out this way. So, I am waiting to see him.”

“Oh, if that is what you wish,” said King Henry, “get up behind me on the horse and I’ll take you to the place where you will see him.”

(Continued...)

The boy got up at once and sat behind the king. The horse cantered along, and the king and the boy were soon quite well acquainted.

“They say that King Henry always has a number of men with him,” said the boy, “how shall I know which is he?”

“Oh, that will be easy enough,” was the answer. “All the other men will take off their hats, but the king will keep his on.”

Soon they came into the main road where a number of the king’s men were waiting. All the men seemed amused when they saw the boy, and as they rode up, they greeted the king by taking off their hats.

“Well, my boy,” said King Henry, “which do you think is the king?”

“I don’t know,” answered the boy, “but it must be either you or I, for we both have our hats on.”

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Vacation Spots

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Father's Day Gifts

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

JULY - LESSON 1

Warm-Up Exercise (85-90dB):

May--Me--My--Moe--Moo

Lift your voice and project it forward!

Repeat five times with INTENT.

Ah Exercise (85-90dB):

Say “ah” with a good quality voice for a maximum of 10 seconds.

Repeat ten times during therapy and five times during home practice.

Glide Exercise (85-90dB):

Produce a steady “ah.” Then, glide up. **STOP.**

Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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

Happy Independence Day.

Do you like fireworks?

Turn on the fan, please.

Here comes the parade!

It's humid outside.

Let's go fishing.

He baked a cake.

Land of the free.

The circus is in town.

Where are the sparklers?

Hop in the pool!

Raise the flag.

Stay hydrated.

Boy, it is hot!

Who wants ice cream?

America, the beautiful!

Let's take a break.

Enjoy the weekend.

Will you take our picture?

Celebrate with INTENT.

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

The door is locked.

Do you have the key?

I need water.

Home of the brave.

Please close the window.

Your shoe is untied.

Do you need help?

The mall is close by.

We're out of bread.

It's the Fourth of July!

Water the lawn.

The heat is sweltering.

Please clean the pool.

Turn on the A/C!

What is the temperature?

I'm going to melt!

The fireworks are spectacular!

There's not a cloud in the sky.

Water the plants.

Let's find some shade.

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Types Of Pies

Things That Are Blue

Healthy Food

Islands

Types Of Fish

Things That Make You Smile

Picnic Supplies

Oceans

Disney Characters

Sunny Cities

Yard Tools

Road Trip Destinations

Baby Supplies

Historic Events

Things Made With Fabric

Amusement Parks

Patriotic Symbols

Things That Are Striped

International Landmarks

Things That Keep You Cool

JULY - LESSON 2

Warm-Up Exercise (85-90dB):

May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB):

Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB):

Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

Don't forget to wear red, white, and blue!

What time do the fireworks start tonight?

She is making fruit salad with watermelon, berries, and grapes.

It's time to fire up the grill.

We need to get the air conditioner fixed!

We are hosting a Fourth of July picnic.

Who else is planning to go to the parade?

I have two tickets to next Saturday's ball game.

The children want to go camping when school is out.

Let's take the dog for a walk around the neighborhood.

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

Make sure you pick ripe avocados for the recipe.

From every mountainside, let freedom ring!

She sliced juicy, fresh watermelon for everyone.

Let's plan a family vacation. Where do you want to go?

Be sure to pack all the right medications for the trip.

When does the plane depart from the airport?

Do you have cash for the gratuity?

I would rather take a cab than rent a car this time.

Will this luggage fit in an overhead bin?

When I speak, I say every single word with INTENT.

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. AMERICAN FLAG - alarm, cream, me, etc).*

AMERICAN FLAG

LET FREEDOM RING

FIREWORKS STAND

AIR CONDITIONING

PATRIOTISM

INDEPENDENCE DAY

RECREATION

BLISTERING HEAT

RED, WHITE, AND BLUE

SUMMER VACATION

ICE CREAM SUNDAE

SANDCASTLES

SETTING SAIL

SWIMMING HOLE

THE STAR-SPANGLED BANNER

ON THE ROAD AGAIN

STRAWBERRY SNOW CONE

FUN IN THE SUN

LIBERTY BELL

APOLLO ELEVEN MISSION

JULY - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5	10	15	20	STOP
25	30	35	40	STOP
45	50	55	60	STOP
65	70	75	80	STOP
85	90	95	100	STOP

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

And so, my fellow Americans: ask not what your country can do for you. Ask what you can do for your country. John F. Kennedy

We cannot always build the future for our youth, but we can build our youth for the future. Franklin D. Roosevelt

We can't help everyone, but everyone can help someone. Ronald Reagan

*Liberty, when it begins to take root, is a plant of rapid growth.
George Washington*

When angry, count to ten before you speak. If very angry, count to one hundred. Thomas Jefferson

Old minds are like old horses; you must exercise them if you wish to keep them in working order. John Adams

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

America was not built on fear. America was built on courage, on imagination, and an unbeatable determination to do the job at hand.

Harry S. Truman

People make a big fuss over you when you're President. But I'm very serious about doing everything I can to make sure that it doesn't go to my head.

Jimmy Carter

Tell me what is right, and I will fight for it.

Woodrow Wilson

I do not like broccoli. I haven't liked it since I was a little kid and my mother made me eat it. I'm President of the United States, and I'm not going to eat any more broccoli.

George H. W. Bush

Change is the law of life, and those who look only to the past or present are certain to miss the future.

John F. Kennedy

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Building A Sandcastle

Making A Banana Split

Changing A Flat Tire

Planning A July 4th Picnic

Taking Grandchildren To The Beach

Launching Fireworks

Visiting A Waterpark

Designing A Float For A Parade

Buying A Car

Planning A Road Trip

JULY - LESSON 4

Warm-Up Exercise (85-90dB):

May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB):

Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB):

Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2 4 6 8 10 STOP

12 14 16 18 20 STOP

22 24 26 28 30 STOP

32 34 36 38 40 STOP

42 44 46 48 50 STOP

Reading Exercise (75-85dB): Read verses I, II, & IV of the “Star-Spangled Banner” by Francis Scott Key two times. The second time, use MORE INTENT!

O say can you see, by the dawn's early light,
 What so proudly we hail'd at the twilight's last gleaming,
 Whose broad stripes and bright stars, through the perilous fight
 O'er the ramparts we watch'd were so gallantly streaming?
 And the rocket's red glare, the bombs bursting in air,
 Gave proof through the night that our flag was still there,
 O say does that star-spangled banner yet wave
 O'er the land of the free and the home of the brave?

On the shore dimly seen through the mists of the deep
 Where the foe's haughty host in dread silence reposes,
 What is that which the breeze, o'er the towering steep,
 As it fitfully blows, half conceals, half discloses?
 Now it catches the gleam of the morning's first beam,
 In full glory reflected now shines in the stream
 'Tis the star-spangled banner — O long may it wave
 O'er the land of the free and the home of the brave!

(Continued...)

O thus be it ever when freemen shall stand
Between their lov'd home and the war's desolation!
Blest with vict'ry and peace may the heav'n rescued land
Praise the power that hath made and preserv'd us a nation!
Then conquer we must, when our cause it is just,
And this be our motto — "In God is our trust,"
And the star-spangled banner in triumph shall wave
O'er the land of the free and the home of the brave.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Picnic Foods & Supplies

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Ways To Show Loyalty

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

AUGUST - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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

Get ready for school!

The pool needs cleaning.

They are playing golf.

I'm tired from swimming.

Let's ride the Ferris wheel.

That was so fun!

The new park is open.

Did you pack fishing lures?

We painted our kitchen.

She ordered funnel cake.

Let's go paddle boating.

I see a school of fish.

The fence needs repairing.

Do you need school supplies?

Wear suntan lotion!

Cast a line!

I want a corn dog.

Let's play a board game.

Dominos or Bingo?

I want to see your new car.

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

The water feels fine!

Do you have a pencil?

Here is a cold drink.

We went to the beach.

Beat the heat!

I need to call my friend.

Is there a party tomorrow?

Please wait a moment.

I'll be right back.

He built a birdhouse.

Look at those waves!

Where's the gas station?

The lawn needs mowing.

I need to unpack.

The sunflowers look lovely.

How is your week?

What's for breakfast?

The sprinklers are on.

She made a quilt.

Am I speaking with INTENT?

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Things That Are Hot

Lunch Box Items

School Supplies

Body Parts

Clothing Stores

States

Things In A Salad

Names Beginning With "A"

Sea Creatures

Movies

Water Sports

Inexpensive Gifts

Summer Olympic Sports

Golfers

Beaches

Items In A Dorm Room

Places To Fish

Charities

Lakes

Magazines

AUGUST - LESSON 2

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

Football season is just around the corner.

It's too hot to play golf. Do you think it will cool down soon?

I would like a tall glass of water with some ice.

When is the air conditioner repair company arriving?

My grandson plays saxophone in his school band.

Take me out to the ball game!

Do you think it will break 100 degrees today?

When life gives you lemons, make lemonade!

Make sure the kids are wearing life jackets in the lake.

The backyard patio is cool when the sun sets.

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

It's way too hot to garden at this time of day.

Save the date for my backyard picnic next Saturday.

Stop by the lemonade stand to support the kids.

Have you ever taken swimming lessons?

We took a tour of national parks last summer.

Would you have time to feed my cat while I'm away?

I need to buy bug spray before our camping trip.

He might need help pitching the tent.

Fire up the grill. We are having hotdogs and burgers.

Which day does school start?

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. WRIGHT BROTHERS - others, tooth, her, etc).*

WRIGHT BROTHERS

WOMEN'S EQUALITY

NATIONAL PARKS

HARVEST MOON

SWELTERING HEAT

FRIENDSHIP DAY

TIME OF HARVEST

SUN-KISSED TAN

FEET IN THE SAND

COAST GUARD

THERMOMETER

BACK TO SCHOOL

OCEAN BOARDWALK

CORN ON THE COB

SMOKEY BEAR

ROLLER COASTER

DAYDREAMING

HEAT WAVE

BALE OF HAY

END OF SUMMER

AUGUST - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5	10	15	20	STOP
25	30	35	40	STOP
45	50	55	60	STOP
65	70	75	80	STOP
85	90	95	100	STOP

Reading Exercise (75-85dB): Read “Godfrey Gordon Gustavus Gore” by W.B. Rands two times. The second time, use MORE INTENT!

Godfrey Gordon Gustavus Gore —
No doubt you have heard the name before —
Was a boy who never would shut a door!

The wind might whistle, the wind might roar,
And teeth be aching and throats be sore,
But still he never would shut the door.

His father would beg, his mother implore,
“Godfrey Gordon Gustavus Gore,
We really do wish you would shut the door!”

Their hands they wrung, their hair they tore;
But Godfrey Gordon Gustavus Gore
Was deaf as the buoy out at the Nore.

(Continued...)

When he walked forth the folks would roar,
“Godfrey Gordon Gustavus Gore,
Why don’t you think to shut the door?”

They rigged up a shutter with sail and oar,
And threatened to pack off Gustavus Gore
On a voyage of penance to Singapore.

But he begged for mercy and said, “No more!
Pray do not send me to Singapore
On a shutter, and then I will shut the door!”

“You will?” said his parents; “then keep on shore!
But mind you do! For the plague is sore
Of a fellow that never will shut the door,
Godfrey Gordon Gustavus Gore!”

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Making Iced Tea

Building A Campfire

Planning A Retirement Party For A Friend

Taking Your Grandchild Shopping For School Clothes

Organizing Your Closet

Spending A Day On The Lake

Throwing A Bridal Shower

Visiting The Zoo

Planning A Pool Party

Hosting Sunday Brunch

AUGUST - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2 4 6 8 10 STOP

12 14 16 18 20 STOP

22 24 26 28 30 STOP

32 34 36 38 40 STOP

42 44 46 48 50 STOP

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

Peter Piper picked a peck of pickled peppers.
A peck of pickled peppers Peter Piper picked.
If Peter Piper picked a peck of pickled peppers,
Where's the peck of pickled peppers Peter Piper picked?

There was a fisherman named Fisher
Who fished for some fish in a fissure.
Till a fish with a grin,
Pulled the fisherman in.
Now they're fishing the fissure for Fisher.

A certain young fellow named Beebee
Wished to marry a lady named Phoebe.
"But," he said, "I must see
What the minister's fee be
Before Phoebe be Phoebe Beebee."

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

Do you know Betty Botter?
Betty Botter bought some butter.
“But,” she said, “this butter’s bitter;
If I put it in my batter,
It will make my batter bitter;
But a bit of better butter,
That will make my batter better.”
So she bought a bit of butter,
Better than her bitter butter,
And put it in her batter,
And it made her batter better.
So, ‘twas better Betty Botter
Bought some butter,
And put it in her batter,
And it made her batter better.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Staying Cool In The Summer

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Summer Activities

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SEPTEMBER - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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

The leaves are changing.

I need a day off.

She plants flowers.

Do you have cash?

Give them a call.

The computer is broken.

The car needs new tires.

What are your plans?

I need a new lightbulb.

Nice haircut!

Happy Labor Day!

They planted a tree.

They picked blueberries.

Fall is around the corner.

Please make an appointment.

I need to go to the bank.

We went to breakfast.

How much is gas?

Call the auto repair shop.

Have a good weekend!

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

That looks tasty!

I need to make a return.

Do you accept credit cards?

I only have cash.

She needs your help.

What is the date?

Turn on the news channel.

I will be ten minutes late.

They made waffles.

Would you like some?

Let's get there early.

When is your birthday?

Do you have plans?

I am available on Monday.

Please call this evening.

Are you going to the park?

I'll join you.

Is this the right number?

I sent the letter.

Say it with INTENT!

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Yard Tools

Occupations

Pizza Toppings

Breakfast Foods

Outdoor Activities

Modes Of Transportation

Words Beginning With "S"

Types Of Trees

Types Of Outdoor Exercise

Famous Women

College Football Teams

Labor Day Activities

Classical Musicians

Types Of Cheese

State Fair Attractions

Homecoming Activities

Airports

Dog Breeds

Tailgate Foods

Types Of Art

SEPTEMBER - LESSON 2

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

They are having a tailgate party. Do you want to go?

Let's host a potluck over Labor Day weekend.

My water aerobics class starts at eight o'clock.

Have the new neighbors across the street moved in yet?

We should eat before we go to the theater.

My friend brought over fresh tomatoes from her garden.

What are you going to do on your day off?

Did they score a touchdown?

Do you have plans for this upcoming weekend?

I really want to try out the new burger place.

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

Which team are you rooting for this year?

When is her birthday? I want to mark it on my calendar.

I am planning to move in the next few months.

Do you have any recommendations for restaurants?

I practice my SPEAK OUT! exercises every day.

What time do you want to meet at the arboretum?

They are going to the park. Do you want to join them?

I need to go shopping for a new pair of shoes.

Thank you for such a lovely evening!

I am watching the game. What time is kick-off?

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. FOOTBALL SEASON - seat, boot, note, etc).*

FOOTBALL SEASON

DRY ERASE BOARD

GRANDPARENTS DAY

PICK OF THE PATCH

JOHNNY APPLESEED

AUTUMNAL EQUINOX

RUNNING A MARATHON

HOWLING WIND

SEPTEMBER ELEVENTH

FIRST DAY OF SCHOOL

LABOR DAY WEEKEND

SCHOOL SUPPLIES

CHANGE OF SEASON

HOMECOMING DANCE

SHADES OF AUTUMN

INDIAN SUMMER

RUSTLING LEAVES

HARVEST FESTIVALS

CHEERLEADERS

MORNING GLORIES

SEPTEMBER - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5	10	15	20	STOP
25	30	35	40	STOP
45	50	55	60	STOP
65	70	75	80	STOP
85	90	95	100	STOP

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

Love all, trust a few, do wrong to none. All's Well That Ends Well

It is not in the stars to hold our destiny, but in ourselves. Julius Caesar

Better three hours too soon than a minute too late. The Merry Wives of Windsor

Better a witty fool, than a foolish wit. Twelfth Night

The course of true love never did run smooth. A Midsummer Night's Dream

The lady doth protest too much, methinks. Hamlet

With mirth and laughter let old wrinkles come. Merchant of Venice

Some are born great, some achieve greatness, And some have greatness thrust upon them. Twelfth Night

Better to speak with INTENT than to go unheard. Parkinson Voice Project

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

No legacy is so rich as honesty. All's Well That Ends Well

There's many a man has more hair than wit. The Comedy of Errors

I am not bound to please thee with my answer. The Merchant of Venice

This above all: to thine own self be true. Hamlet

Good night, good night! Parting is such sweet sorrow, That I shall say good night till it be morrow. Romeo and Juliet

O! Let me not be mad, not mad, sweet heaven; Keep me in temper; I would not be mad! Hamlet

If you prick us, do we not bleed? If you tickle us, do we not laugh? If you poison us, do we not die? And if you wrong us, shall we not revenge? The Merchant of Venice

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Making Breakfast

Adopting A Pet

Planting An Herb Garden

Treating A Cut Or Scrape

Ordering A Pizza For Delivery

Mailing A Large Package

Taking The Grandkids To The State Fair

Learning A New Language

Asking For A Salary Increase

Selling Your House

SEPTEMBER - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2 4 6 8 10 STOP

12 14 16 18 20 STOP

22 24 26 28 30 STOP

32 34 36 38 40 STOP

42 44 46 48 50 STOP

Reading Exercise (75-85dB): Read “Contented John” by Jane Taylor two times. The second time, use MORE INTENT!

One honest John Tomkins, a hedger and a ditcher,
Although he was poor, did not want to be richer;

For all such vain wishes in him were prevented,
By a fortunate habit of being contented.

Though cold was the weather, or dear was the food,
John never was found in a murmuring mood;

For this he was constantly heard to declare,
What he could not prevent, he would cheerfully bear.

“For why should I grumble and murmur,” he said,
“If I cannot get meat, I can surely get bread;

(Continued...)

And, though fretting may make my calamities deeper,
It can never cause bread and cheese to be cheaper.”

If John was afflicted with sickness or pain,
He wished himself better, but did not complain,

Nor lie down and fret in despondence and sorrow,
But said that he hoped to be better tomorrow.

If anyone wronged him or treated him ill,
Why, John was good-natured and sociable still;

For he said that revenging the injury done,
Would be making two rogues when there need be but one,

And thus honest John, though his station was humble,
Passed through this sad world without even a grumble;

And I wish that some folks, who are greater and richer,
Would copy John Tomkins, the hedger and ditcher.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Things That Come In Pairs

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Ways To Save Money

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

OCTOBER - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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

Happy Halloween!

The leaves are falling.

Open the windows.

How was your weekend?

Where is your costume?

Wow, look at the stars!

Who is on the phone?

She makes apple cider.

The sheets are washed.

He has a sweet tooth.

He carves a pumpkin.

She bobs for apples.

What time is the game?

He loves caramel corn.

It's already dark outside.

Answer the door, please.

Be careful!

Trick-or-treat!

When did you retire?

Boo! Did I scare you?

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

He was a good teacher.

It's time for bed.

Brush your teeth!

I like candy.

Boy, it's windy.

I'm excited to see you.

Nice costume.

One moment, please.

I exercised this morning.

I live with INTENT!

Do you have a mint?

I'm getting hungry.

You scared me!

Let's watch a scary movie.

Where is your hometown?

How long will it take?

When is Oktoberfest?

Speak with deliberation!

That's a lot of candy.

Please sign the check.

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Types Of Candy

Scary Movies

Models Of Cars

Things That Are Black

Dairy Products

Planets

Things That Are Orange

Office Supplies

Words Beginning With "O"

Board Games

Things That Grow On Trees

Costumes For Children

Ways To Communicate

Fall Activities

Natural Disasters

Brands Of Beer

Phobias

Things That Are Flammable

Things That Hold Water

Types Of Birds

OCTOBER - LESSON 2

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

Double, double, toil and trouble!

Don't forget your sweater. There's a chill in the air tonight.

Be careful. The soup is very hot.

What time is the pumpkin carving contest?

The kids are planning to trick-or-treat at seven o'clock.

Let's watch the pretty autumn sunset.

Where did you buy that candy? It's delicious.

The neighbor's son offered to rake the leaves for us.

Are you entering the costume contest this year?

We will bring the candied apples to the party.

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

Did you buy the candy for Halloween?

Quick! Get the camera and take a picture.

They like to watch scary movies every Halloween.

I think I heard the doorbell ring. Would you get it?

The kids will be going to a haunted house this year.

That is such a creative costume!

The leaves are turning red, yellow, and brown.

It's just beginning to get colder outside.

We'd better stock up on candy before tomorrow night.

The neighborhood kids look so cute!

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. COSTUME PARTY - your, most, trap, etc).*

COSTUME PARTY

DIA DE LOS MUERTOS

CHIMNEY SWEEP

CINNAMON STICKS

HAUNTED HOUSE

CHILL IN THE AIR

APPLE CIDER

SWEET TREATS

NATURE'S PALETTE

CHRISTOPHER COLUMBUS

TRICK OR TREAT

WORLD SERIES CHAMPIONS

ALL HALLOW'S EVE

FALLING LEAVES

SPIDERWEBS

HOCUS POCUS

CANDY CORN

JACK-O-LANTERN

OKTOBERFEST

BOBBING FOR APPLES

OCTOBER - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5	10	15	20	STOP
25	30	35	40	STOP
45	50	55	60	STOP
65	70	75	80	STOP
85	90	95	100	STOP

Reading Exercise (75-85dB): Read an adaptation of “Little Orphan Annie” by James Whitcomb Riley two times. The second time, use MORE INTENT!

Little Orphan Annie's come to our house to stay,
And wash the cups and saucers up, and brush the crumbs away,
And shoo the chickens off the porch, and dust the hearth, and sweep,
And make the fire, and bake the bread, and earn her board and keep;
And all us other children, when the supper things are done,
We sit around the kitchen fire and have the mostest fun
A-listenin' to the witch-tales that Annie tells about,
And the gobble-ins will get you if you don't watch out!

Once there was a little boy who wouldn't say his prayers,
So when he went to bed at night, away upstairs,
His mommy heard him holler, and his daddy heard him bawl,
And when they turned the covers down, he wasn't there at all!
And they sought him in the rafter-room, and cubby-hole, and press,
And sought him up the chimney-flue, and everywhere, I guess;
But all they ever found was just his pants and roundabout!
And the gobble-ins will get you if you don't watch out!

(Continued...)

And one time a little girl would always laugh and grin,
And make fun of everyone, and all her blood and kin;
And once, when there was company, and old folks were there,
She mocked them and she shocked them, and she said she didn't care!
But as she kicked her heels, and turned to run and hide,
There was two great big black things a-standin' by her side,
And they snatched her through the ceiling 'fore she could turn about!
And the gobble-ins will get you if you don't watch out!

And little Orphan Annie says, when the blaze is blue,
And the lamp wick sputters, and the wind goes woo-oo!
And you hear the crickets quit, and the moon is gray,
And the lightning-bugs in dew are all squenched away,--
You better mind your parents, and your teachers fond an' dear,
And cherish those who love you, and dry the orphan tear,
And help the poor and needy ones who cluster all about,
And the gobble-ins will get you if you don't watch out!

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Raking Leaves

Carving A Pumpkin

Making Candy Apples

Donating To A Charity

Making A Costume

Welcoming A New Neighbor

Decorating The House For Fall

Chaperoning Trick-Or-Treaters

Serving On A Jury

Buying A Lakehouse

OCTOBER - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2 4 6 8 10 STOP

12 14 16 18 20 STOP

22 24 26 28 30 STOP

32 34 36 38 40 STOP

42 44 46 48 50 STOP

Reading Exercise (75-85dB): Read the excerpt from “Macbeth, Act IV, Scene I” by William Shakespeare two times. The second time, use MORE INTENT!

Round about the cauldron go;
in the poison'd entrails throw.
Toad, that under cold stone,
days and nights hast thirty one
Swelter'd venom sleeping got,
boil thou first in the charmed pot.

**Double, double, toil and trouble;
Fire burn and cauldron bubble.**

Fillet of a fenny snake,
in the cauldron boil and bake;
Eye of newt, and toe of frog,
wool of bat, and tongue of dog,
Adder's fork, and blind-worm's sting,
lizard's leg, and howlet's wing,

(Continued...)

For a charm of powerful trouble,
like a hell-broth boil and bubble.
Double, double, toil and trouble;
Fire burn and cauldron bubble.

Scale of dragon, tooth of wolf,
Witches' mummy, maw and gulf
Of the ravin'd salt-sea shark,
Root of hemlock digg'd in the dark,
Add thereto a tiger's chaudron,
For the ingredients of our cauldron.
Double, double, toil and trouble;
Fire burn and cauldron bubble.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Costumes

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Superstitions

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

NOVEMBER - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1

2

3

STOP

4

5

6

STOP

7

8

9

STOP

10

11

12

STOP

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

Do you like pumpkin pie?

She made candied yams.

My, what a lovely home!

Please pass the salt.

We flew in last night.

I need a napkin, please.

Everyone is hungry!

It's time to leave.

I'm going to take a nap.

We had a lovely time.

The food smells delicious.

Thank you so much!

I am grateful to be here.

Let's get together next week.

It's been too long!

Pass the mashed potatoes.

What time is dinner?

May I help you set the table?

I'll do the dishes.

She will set the table.

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

It's Black Friday.

What a great deal!

The line is too long.

Where are the restrooms?

What a feast!

That's too expensive.

Touchdown!

Please light the fire.

Are you cold?

Please come inside.

Do you want to go shopping?

Ouch, my feet hurt!

I have a question.

Let's carve the turkey.

Whew! I'm stuffed.

Let's wait for a sale.

Where are my slippers?

Did you buy her gift?

Please close the door.

How much is the bill?

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

College Majors

Thanksgiving Day Activities

Types Of Sandwiches

Countries

A Thanksgiving Grocery List

Furniture Items

Spices

Healthy Foods

Things For Which To Be Grateful

Things A Toddler Does

Electronics

Football Teams

Elected Officials

Famous Scientists

Things That Are Messy

Fall Decorations

Cold Places

Words Beginning With “N”

Holiday Traditions

Crunchy Foods

NOVEMBER - LESSON 2

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

Will you buy the movie tickets online?

What time does the turkey need to go in the oven?

The football game will start in five minutes.

The grandkids will be here in two hours.

Their plane leaves at eleven o'clock on Friday.

I will do most of my holiday shopping online this year.

My grandchildren will be out of school for an entire week.

The neighbors have invited us over for Thanksgiving dinner.

Will you help me rake the leaves this weekend?

My friend makes the best pumpkin pie.

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

Who is going to cook the turkey this year?

Let's each say one thing for which we are grateful.

I am on the lookout for a good deal on a new computer.

I'm bringing some books to read on the airplane.

What time do the polls open tomorrow?

Let's get to the airport earlier than we did last time.

Will you bring in some more wood for the fire?

I need help loading the luggage into the car.

I've scheduled a shuttle to take us to the airport.

Is there anything I can bring to the dinner party?

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. TURKEY AND DRESSING - key, sing, it, etc).*

TURKEY AND DRESSING

CRANBERRY SAUCE

BLACK FRIDAY

GREAT DISCOVERY

SHOWING APPRECIATION

PLYMOUTH ROCK

THANKSGIVING DINNER

CYBER MONDAY

FAMILY GATHERING

PUMPKIN PIE

PARADE SPECTATORS

NATIVE AMERICAN

COUNT YOUR BLESSINGS

ROSY CHEEKS

INCLEMENT WEATHER

CHRYSANTHEMUM

VETERANS DAY

ELECTION DAY

OBSERVANCE

FLANNEL PAJAMAS

NOVEMBER - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

5	10	15	20	STOP
25	30	35	40	STOP
45	50	55	60	STOP
65	70	75	80	STOP
85	90	95	100	STOP

Reading Exercise (75-85dB): Read “Thanksgiving Day” by Lydia Maria Child two times. The second time, use MORE INTENT!

Over the river, and through the wood,
To Grandfather’s house we go;
The horse knows the way to carry the sleigh
Through the white and drifted snow.

Over the river, and through the wood,
To Grandfather’s house away!
We would not stop for doll or top,
For ‘tis Thanksgiving Day.

Over the river, and through the wood —
Oh, how the wind does blow!
It stings the toes and bites the nose
As over the ground we go.

(Continued...)

Over the river, and through the wood —
And straight through the barnyard gate,
We seem to go extremely slow,
It is so hard to wait!

Over the river, and through the wood —
When Grandmother sees us come,
She will say, “O, dear, the children are here,
Bring a pie for everyone.”

Over the river, and through the wood —
Now Grandmother’s cap I spy!
Hurrah for the fun! Is the pudding done?
Hurrah for the pumpkin pie!

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Making Your Favorite Pie

Changing The Oil In Your Car

Planning A Hunting Trip

Hosting Thanksgiving Dinner At Your House

Washing The Dishes By Hand

Finding A Pharmacy When You're Out Of Town

Setting A Table For A Fall Family Gathering

Managing A Fire In The Fireplace

Responding To Your Heater Not Working

Teaching A Teenager To Drive A Car

NOVEMBER - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2 4 6 8 10 STOP

12 14 16 18 20 STOP

22 24 26 28 30 STOP

32 34 36 38 40 STOP

42 44 46 48 50 STOP

Reading Exercise (75-85dB): Read "Thanksgiving" by Edgar A. Guest two times. The second time, use MORE INTENT!

Getting together to smile and rejoice,
And eating and laughing with folks of your choice;
And kissing the girls and declaring that they
Are growing more beautiful day after day;
Chatting and bragging a bit with the men,
Building the old family circle again;
Living the wholesome and old-fashioned cheer,
Just for awhile at the end of the year.

Greetings fly fast as we crowd through the door
And under the old roof we gather once more
Just as we did when the youngsters were small;
Mother's a little bit grayer, that's all.
Father's a little bit older, but still
Ready to romp and to laugh with a will.
Here we are back at the table again
Telling our stories as women and men.

(Continued...)

Bowed are our heads for a moment in prayer;
Oh, but we're grateful and glad to be there.
Home from the east land and home from the west,
Home with the folks that are dearest and best.
Out of the sham of the cities afar
We've come for a time to be just what we are.
Here we can talk of ourselves and be frank,
Forgetting position and station and rank.

Give me the end of the year and its fun
When most of the planning and toiling is done;
Bring all the wanderers home to the nest,
Let me sit down with the ones I love best,
Hear the old voices still ringing with song,
See the old faces unblemished by wrong,
See the old table with all of its chairs
And I'll put soul in my Thanksgiving prayers.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Ways To Show Appreciation

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

A Thanksgiving Banquet

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

DECEMBER - LESSON 1

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): *Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!*

1**2****3****STOP****4****5****6****STOP****7****8****9****STOP****10****11****12****STOP**

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

Are you awake yet?

Did it snow last night?

Happy Holidays!

The kids are sledding.

We like to ski.

We're under the mistletoe!

It's cold outside.

You'll need a jacket.

Let's go to the post office.

Time to open presents!

Watch your step.

I'd like some coffee.

Do you have a wish list?

Turn up the heat!

How deep is the snow?

We'll decorate the tree.

He is so excited.

The mall is packed.

Set out the cookies and milk.

My feet are cold.

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

I bought it on sale.

Happy New Year's!

Would you like a drink?

Drive slowly.

Sit by the fireplace.

Did you get a flu shot?

That was delicious!

Thank you for the present.

Turn off the oven, please.

We need to buy stamps.

Bah, humbug!

Which day is the party?

The streets are icy.

Let's build a snowman.

She has a terrible cold.

Let's watch a movie.

She baked fresh cookies.

They trimmed the tree.

Someone's at the door.

They sent a holiday card.

Conversation Exercise (75-85dB): *With INTENT, name 5-10 items in each category.*

Warm Clothing

Animals Living In Cold Climates

Holiday Sweets

Holiday Decorations

Types Of Trees

Children's Toys

Words Beginning With "D"

Winter Traditions

Musical Instruments

Holiday Songs

Santa's Reindeer

Famous Musicians

Card Games

Things That Are Bright

Holiday Movies

Things That Melt

Fairy Tales

Presents For Men

Presents For Women

Things That Are Red

DECEMBER - LESSON 2

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

1 2 3 4 5 STOP

6 7 8 9 10 STOP

11 12 13 14 15 STOP

16 17 18 19 20 STOP

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

Watch out for that reindeer!

Is there still snow on the ground?

Be sure to bundle up when you go outside.

Let's go shopping. I want to buy a new coat.

Did you leave the cookies out for Santa Claus?

I'd like two big marshmallows in my hot chocolate.

We'd better leave now to avoid the traffic.

She had to cancel her trip due to the icy weather.

Let's get together after the holidays.

I'm going caroling with my friends from church.

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

Let's take a drive and look at the holiday lights.

There is freshly baked pumpkin pie in the kitchen.

Did you pack enough clothing for the trip?

Would you like a cup of hot apple cider?

I would like to introduce you to my friend, Richard.

Be sure to pack your medicine in your carry-on luggage.

The neighbors are hosting an open house next Sunday.

Let's go out to lunch after we finish our shopping.

Have you seen my socks? I can't find them.

Please pass the carrots and peas.

Conversation Exercise (75-85dB): *With INTENT, make up new words using just the letters in the words below (e.g. END OF THE YEAR - hand, roar, heat, etc).*

END OF THE YEAR

STRING OF LIGHTS

SIT BY THE FIRE

HAPPY HOLIDAYS

WARM COOKIES

CUP OF HOT TEA

BUILDING A SNOWMAN

WOOLY MITTENS

DECK THE HALLS

WINTER WONDERLAND

SUGAR-PLUM FAIRY

THE NUTCRACKER

WRAPPING PRESENTS

SEASON'S GREETINGS

GINGERBREAD HOUSES

HOT CHOCOLATE

ICE SKATING

DECORATIONS

WINTERY WEATHER

SNOW STORM

DECEMBER - LESSON 3

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.

Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**

Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

5 **10** **15** **20** STOP

25 **30** **35** **40** STOP

45 **50** **55** **60** STOP

65 **70** **75** **80** STOP

85 **90** **95** **100** STOP

Reading Exercise (75-85dB): Read “A Visit from St. Nicholas” by Clement Clark Moore two times. The second time, use MORE INTENT!

‘Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And mamma in her ‘kerchief, and I in my cap,
Had just settled our brains for a long winter’s nap,

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

(Continued...)

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name;

“Now, Dasher! Now, Dancer! Now, Prancer and Vixen!
On, Comet! On, Cupid! On, Donner and Blitzen!
To the top of the porch! To the top of the wall!
Now dash away! Dash away! Dash away all!”

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky;
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St. Nicholas too.

(Continued...)

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back,
And he looked like a peddler just opening his pack.

His eyes — how they twinkled! His dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow
And the beard of his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath;
He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of jelly.

(Continued...)

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle,
But I heard him exclaim, ere he drove out of sight,
“Happy Christmas to all, and to all a good-night.”

Conversation Exercise (75-85dB): *With INTENT, plan the steps for each of the following situations.*

Preparing For A Winter Storm

Buying A Gift For A Five-Year-Old

Celebrating The Holidays Without Spending A Lot Of Money

Baking Cookies For Neighbors

Organizing A Group Of Carolers

Hosting Overnight Guests At Your Home

“Child-Proofing” Your House

Decorating Your Home For The Holidays

Packing For A Ski Trip

Shoveling Snow

DECEMBER - LESSON 4

Warm-Up Exercise (85-90dB): May--Me--My--Moe--Moo
Lift your voice and project it forward!
Repeat five times with INTENT.

Ah Exercise (85-90dB): Say “ah” with a good quality voice
for a maximum of 10 seconds.
Repeat ten times during therapy and
five times during home practice.

Glide Exercise (85-90dB): Produce a steady “ah.” Then, glide up. **STOP.**
Produce a steady “ah.” Then, glide down. **STOP.**
Repeat ten times during therapy and
five times during home practice.

Counting Exercise (80-85dB): Recite these numbers three times in a smooth and connected way. Lift your voice and project it forward!

2 4 6 8 10 STOP

12 14 16 18 20 STOP

22 24 26 28 30 STOP

32 34 36 38 40 STOP

42 44 46 48 50 STOP

Reading Exercise (75-85dB): Read “*Picture-books in Winter*” by Robert Louis Stevenson two times. The second time, use **MORE INTENT!**

Summer fading, winter comes – Frosty mornings, tingling thumbs,
Window robins, winter rooks, and the picture story-books.

Water now is turned to stone, Nurse and I can walk upon;
Still we find the flowing brooks in the picture story-books.

All the pretty things put by, wait upon the children’s eye,
Sheep and shepherds, trees and crooks, in the picture story-books.

We may see how all things are, seas and cities, near and far,
And the flying fairies’ looks, in the picture story-books.

How am I to sing your praise, happy chimney-corner days,
Sitting safe in nursery nooks, reading picture story-books?

Reading Exercise (75-85dB): Read/sing “Jingle Bells,” originally composed by James Pierpont two times. The second time, use MORE INTENT!

Dashing through the snow In a one-horse open sleigh
O'er the fields we go Laughing all the way
Bells on bobtail ring Making spirits bright
What fun it is to ride and sing A sleighing song tonight!

Jingle bells, jingle bells, jingle all the way;
Oh! what fun it is to ride in a one-horse open sleigh.

Jingle bells, jingle bells, jingle all the way;
Oh! what fun it is to ride in a one-horse open sleigh.

Conversation Exercise (75-85dB): *With INTENT, discuss ten responses to the following:*

Things Associated With Winter

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Holiday Traditions

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____