




National Speech-Language-Hearing Month 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SLPs are Communication Experts. Communication disorders impact everyone. If you think about people in your own life, you probably know someone with hearing loss, a history of stroke, autism, voice problems, speech sound errors, traumatic brain injury, or trouble with chewing and swallowing. These all fall under the speech-language pathology umbrella.				1 Communication is the exchange of information. How many ways of communication can you think of?	2 Look out the window. NAME and DESCRIBE what you see.	3 Look in a mirror and make funny faces. How many can you make?
4 Take a walk outside. What sounds do you hear?	5 Noise exposure can hurt your ears. Make sure your music isn't too loud (today and everyday).	6 Drink plenty of water today and everyday. It's good for your voice.	7 Besides talking, how many other way of communication can you think of?	8 What doesn't belong in the group and why? apple carrot banana	9 Say this tongue twister: "Lovely lemons lined the long lunch line."	10 How many things can you find today that begin with the /s/ sound?
11 Happy Mother's Day!  Try to sign the word "mother".	12 Read a book today. Tell someone the reasons why you liked or didn't like the book.	13 Taco Tuesday! Describe a taco using at least 3 descriptive words.	14 Give a friend a compliment today.	15 Play your favorite game with your family. Can you describe the rules of the game?	16 Put these words in the correct order to make a sentence: bike / his / rides / Sam / every / day	17 Does this sentence make sense? If not, how can we change it? She goes to the store yesterday.
18 Make the "oo" and "ee" sounds. How do your lips look?	19 How many things can you find today that begin with the /r/ sound?	20 What doesn't belong in the group and why? cat cow car	21 Say this tongue twister: "Zebra zigzagged through the zoo with zeal."	22 Use your voice in a healthy way today. That means NO yelling.	23 Does this sentence make sense? If not, how can we change it? There are many book on the table.	24 Can you help your family out with a chore today? Sign the word "help". 
25 Say this tongue twister: "Can Kevin cook a kettle of crunchy corn?"	26 Happy Memorial Day! Today we say "thank you" to Veterans. 	27 Talk about where your tongue is when you make the /k/ & /d/ sounds.	28 Put these words in the correct order to make a sentence: play / like / to / I / outside / after / lunch	29 How many things can you find today that begin with the /l/ sound?	30 What doesn't belong in the group and why? house train boat	31 Try to communicate for several minutes without using words.

