

# DAILY PLAN

# #1

# THE HEARING WORKOUT

## DAY 01

(NF) 1. Turn on nearby music low.  
2. Listen to weather report. Focus to understand weather report.

(ID) Identify first sound you hear: name it /describe it: fast/slow, constant /intermittent; high pitch/low; it's use?

## DAY 02

(AM) Turn on the TV. What is the first name spoken? Last? Do this with several TV shows.

(NF) 1. Listen to news comfortable volume. Play and focus on voicemail @ normal volume. Repeat with more voicemails.

## DAY 03

(ID) Listen to entire commercial. How many total questions did you hear?

(AM) Tap out the rhythm of "Rudolph the Red-Nosed Reindeer" on a pan. Try another song.

## DAY 04

(NF) Watch news at comfortable volume.  
2. Turn on talk radio at low volume. Focus on news.

(AM) Repeat 1 pre-recorded sequences each of fruits, animals, and colors.

## DAY 05

(ID) Say "Go get your mail." Change the intonation to make it a question, sarcastic, a demand. Try more short sentences & repeat.

(NF) Listen to talk radio/podcast at comfortable volume.  
2. Add music @ low volume. Focus on talking.

## DAY 06

(AM) Listen to entire commercial. How many times was product name mentioned?

(ID) Identify 1 sound outside on the ground: name it; track it; imagine it's color and purpose