

# SPEECH THERAPY RESOURCES – WINTER

*This packet is intended to provide general resources and tips for how to maintain skills that your child may be working on in speech therapy over the extended break. Activities are provided as a resource only and should not replace direct and individualized speech therapy services. Please reach out to your child's speech therapist should you have any specific questions. Thank you!*

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## Promoting Speech and Language Skills

- Provide ample opportunities for communication. Make language purposeful, meaningful, and enjoyable for your child.
- Consistently model appropriate language use for your child.
- Reinforce all attempts at communication.
- Introduce new words or concepts by using the word in a variety of situations as well as using it repetitively.
- Share books with your child and allow them to make guesses or predictions based on the context.
- Address auditory memory and listening skills through auditory memory/recall games.
- Use games like '20 questions' to encourage your child to identify target vocabulary through formulating and asking yes/no questions.

# Promoting Speech and Language Skills Using Toys

- Toy cars & race tracks are great ways to use routine phrases like “ready, set, go” and “one, two, three”. Model each phrase and have your child complete the phrase “ready, set, \_\_\_”
- A toy farm is great for imitating animal sounds, following one step directions, and working on positional concepts like in/on/under/behind.
- Food & kitchen toys have many opportunities for practicing vocabulary concepts. Focus on colors, shapes, sizes, making requests, taking orders, and answering questions (“who has more, who has less”).
- Costumes and dress up play are great ways to practice pretend play and social skills. Dressing up like a fireman/doctor/pilot: discuss what they wear, what tools they work with, what they might say, where they work, practice greetings, etc.
- Blocks promote imaginative play. Use them in a play camping set as pretend wood for a campfire or add them to a kitchen to pretend they are food.
- Dolls are a great opportunity to label clothing and body parts, identify feelings and emotions, and expand speech and language.

# Promoting Speech and Language Skills Using Games

Games can promote turn taking and sportsmanship and build expressive vocabulary, describing, and vocabulary.

## Board Games:

Scattergories: This game allows for practice naming items in categories.

Head Banz: This game focuses on a variety of language goals including describing, asking/answering questions, and vocabulary skills.

Apples to Apples: This game is great when working on word relationships, describing, comparing and contrasting, and vocabulary development.

Guess Who: Focus on reasoning, describing, asking and answering questions, and vocabulary development.

Story Cubes: Story cubes allow you to build your own stories, so you can work on grammar, building vocabulary, expanding sentences, story retell in the correct sequence, and more.



# AAC Tips

**What is AAC?** – AAC stands for Augmentative Alternative Communication, and it provides a way for individuals to communicate more clearly or in place of using speech. It can include sign language, writing, picture symbols, speech generating devices.

## Communication Tips

- Make sure your child has access to their device/words at all times.
- Use long pauses to allow sufficient time to respond.
- Initiate eye contact when speaking to your child.
- Be responsive to communication attempts.
- Model use of the system. While playing, have fun and model short phrases. After you provide a model, wait for a few seconds and give your child an opportunity to imitate the model.
- Babbling – While playing, let your child “babble” with the AAC system for a few minutes before you start providing models. This allows your child to independently explore and discover words on their AAC system. Acknowledge what they say and try to draw meaning to it.
- Ask open-ended questions instead of yes/no questions to encourage communication.
- Create opportunities – set up scenarios that give your child a reason to communicate a want or need.
- Establish routines – this allows your child to practice language over, and over, and over.

# Practicing Language Skills at Home

We learn language by hearing it and interacting with others using it. Use these tips to encourage and easily facilitate good language habits every day.

- During playtime
  - Turn taking is a social skill we use throughout our whole lives. Playing games with your child is a great way to practice turn taking, following directions, identifying and labeling, describing, requesting, protesting, and much more!
- During meal times
  - Talk about how the food looks, smells, tastes, feels. Discuss preferences and polite ways to decline non-preferred foods when offered.
- In the bathroom
  - Talk about the steps used to wash hands, brush teeth, etc.
  - Describe bathroom objects around you.
  - Practice identifying and expressing emotions in the bathroom mirror (make a happy, sad, silly, mad, surprised, excited, and scared face).
- In the bedroom
  - Discuss the organization of toys and clothes (categories).
  - Discuss what clothes are needed for different types of weather
  - Read at bedtime and ask your child to identify objects or answer questions about the bedtime story.

# Practicing AAC Skills at Home


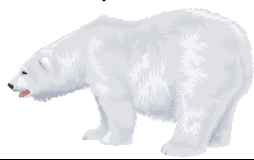





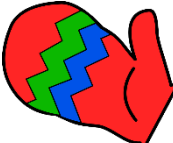
- During playtime
  - Read a book to your child (example a book about animals). Open a page on their device that might go along with the book (i.e. animal page). Ask questions (i.e. What animal is this, What animal says “moo”? What animal is eating the carrot?).
  - Put a clear container full of your child’s favorite toys in sight (closed). Open up the toy or ‘I want’ page and ask your child what they want. You can put one toy or multiple toys in the container.
  - Hold up two of your child’s favorite toys, movies, etc. Ask your child which one they want and make sure to have the page open so your child can make a choice using their device.
- During mealtime
  - Give your child choices for snacks and meals. Open up the page that has food options and ask your child what they want.
  - Give your child 1-2 pieces of the snack/food item and have them request more by pressing the picture for that food item.
- Vocabulary practice
  - Practice labeling family members using the family page (Who is this?)
  - Practice identifying clothing items using the clothing page.
  - Practice labeling body parts using the body parts page.
  - Practice spelling their name on the keyboard page.
  - Practice colors. Hold up items of different colors and have your child match the color on the color page.

# Activity Ideas from Our Therapists!

1. Play hide and seek! Practice counting, taking turns being the “seeker,” and finding creative ways to hide around the home.
2. Make a fort! Blanket forts, couch forts, snow forts...the possibilities are endless. If you make an indoor fort, this is the perfect place to read a favorite book together, pretend you are a hibernating bear and take a nap, or play a game together.
3. Bake and decorate cookies! Talk about the colors you see, textures (ooey gooey chocolate chips!), temperatures (too hot!), measurements, and flavors (sweet, salty, sour, yummy, yucky). Yum!
4. Read books together. While reading, act out the scenes you see, make silly sounds, and talk about the pictures.
5. Talk to yourself whenever your child is around. Simply talking about whatever you are doing exposes your child to new vocabulary and grammar! For example, if you are picking up clothes to do laundry, say out loud “Look at all these socks on the floor! Let’s pick them up. Here’s a green one, two blue ones...yucky these are some stinky socks! Let’s put them in the basket.”
6. Go on a nature walk! Touch the snow, pinecones, or anything else you might find. Talk about the cold weather and what you need to wear to stay warm. You could also take a night-time walk and look at all the colorful lights outside!
7. Play a game! Board games can teach valuable lessons like turn taking and losing appropriately. For younger children, simple games with lots of hands on pieces work well: Connect 4, Kerplunk, Sorry and Don’t Break the Ice are all great. Tic Tac Toe is a nice way to sneak in some writing practice for your child.
8. Draw pictures or make cards and crafts together! Crafts are a great way to target language and fine motor skills. Practice cutting and gluing, coloring in the lines, asking for different art materials, and naming different colors. When you’re all done, you can also work on cleaning up and washing hands!
9. Sing songs! It is always fun to pump up the tunes and get your body moving. Dance along to the music and have fun!







# YES/NO PRACTICE

Is this a snowflake? 	YES	NO
Is this a polar bear? 	YES	NO
Is this a sled? 	YES	NO
Is this a hat? 	YES	NO
Is this a snowman? 	YES	NO
Is this a coat? 	YES	NO
Is this an igloo? 	YES	NO
Is this a mitten? 	YES	NO

# Emotions Activities

Emotions Matching – Draw a line to connect each emotion with the corresponding face.

Happy	
Sad	
Scared	
Angry	

- Make a happy face
- Make a sad face
- Make an angry face
- Make a scared face

## Feelings fill in the blank

I feel \_\_\_\_\_ when \_\_\_\_\_.

I feel \_\_\_\_\_ when \_\_\_\_\_.

I feel \_\_\_\_\_ when \_\_\_\_\_.

I feel \_\_\_\_\_ when \_\_\_\_\_.

## Happiness fill in

Name 2 people that make you happy \_\_\_\_\_ & \_\_\_\_\_

Name 2 places that make you happy \_\_\_\_\_ & \_\_\_\_\_

Name 2 sounds that make you happy \_\_\_\_\_ & \_\_\_\_\_

Name 2 smells that make you happy \_\_\_\_\_ & \_\_\_\_\_

# Winter Vocabulary Alphabet

Can you think of a winter word for every letter of the alphabet?

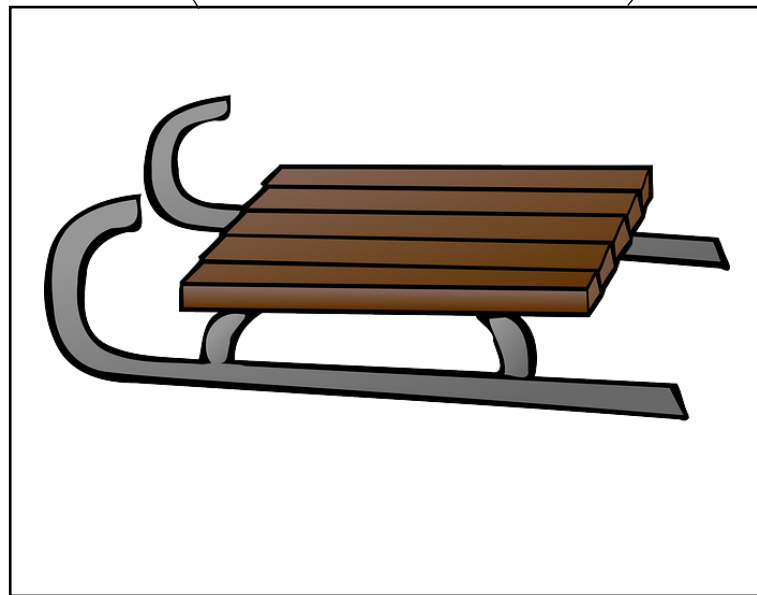
A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

# Describe It

It's a \_\_\_\_\_

Looks Like – Size, shape, color, etc

Do – What does it do/what do you do with it?



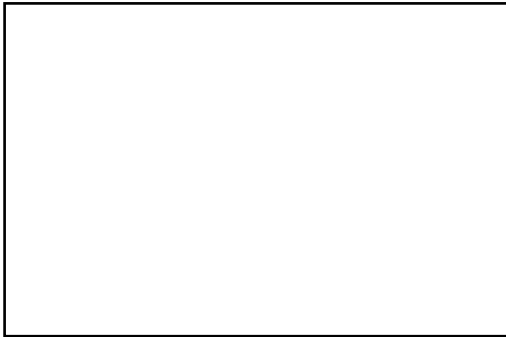
Where do you use it?

What else do you know?

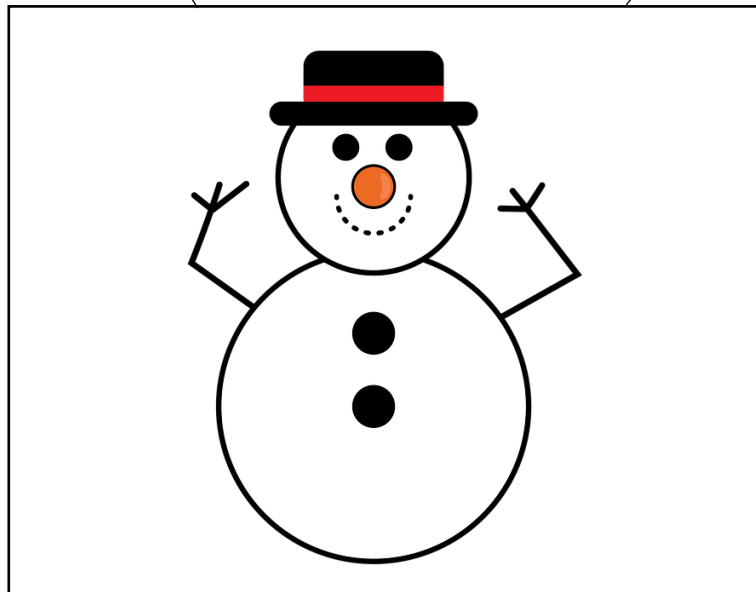
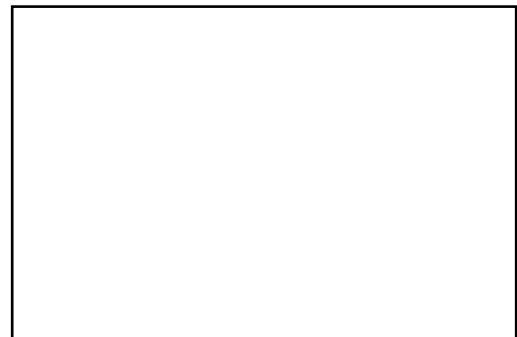
# Describe It

It's a \_\_\_\_\_

Looks Like – Size, shape, color, etc



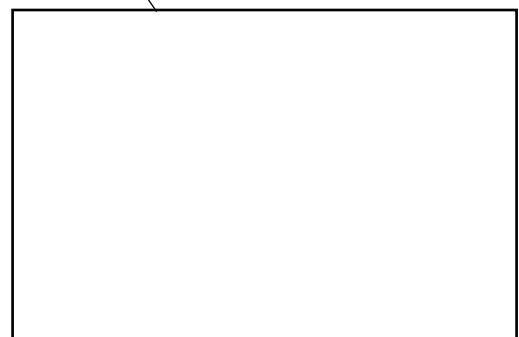
Do – What does it do/what do you do with it?



Where do you use it?



What else do you know?



## Following Directions



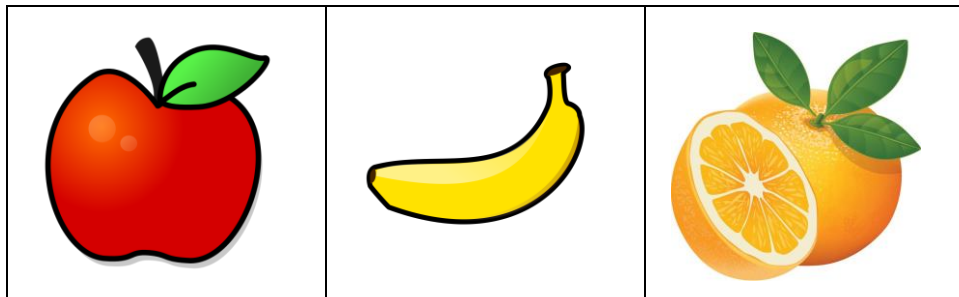
- Color the bird blue
- Color the snowman's hat black
- Color the bear's hat green
- Color the bear's scarf blue
- Color the bear's pants orange
- Color the snowman's scarf red
- Color the snowman's nose orange
- Color the rest any way you like!

# Categories

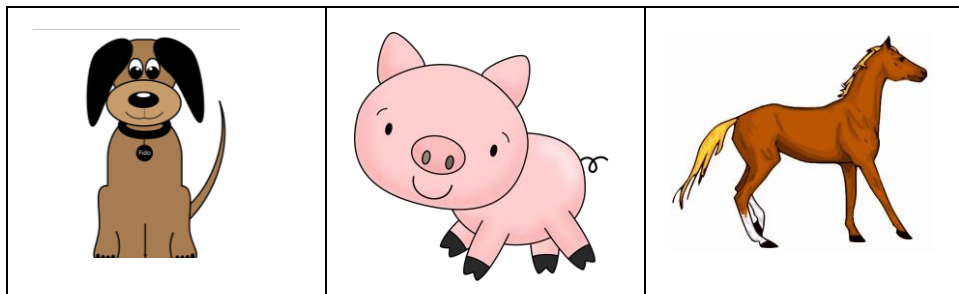
What category do the following items belong to? \_\_\_\_\_



What category do the following items belong to? \_\_\_\_\_



What category do the following items belong to? \_\_\_\_\_





## Websites

<https://pbskids.org/>

<https://www.sesamestreet.org/>

<https://www.eduplace.com/tales/>

<https://kids.nationalgeographic.com/>

<https://www.funbrain.com/books>

## Apps

My Play Home

Antistress – Relaxing games

Madlibs

Super Stretch Yoga

Mr. Potato Head

The Monster at the End of This Book

Toca Boca Apps