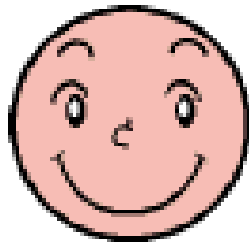


Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

FOOD AND OUR FIVE SENSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Go through old magazines with your child. Ask your child to cut out pictures of food.</p> <p>Encourage them to make a collage with the pictures.</p> <p>Talk to your child about their choices of food and healthy foods to eat.</p>	<p>Make a grocery list with pictures from flyers with your child.</p> <p>Go to the grocery store and have your child get things on his/her picture list.</p>	<p>With your child point to and have them name their eyes, ears, nose, mouth and hands.</p> <p>Play “ I Spy with My Little Eye”, using their different body parts.</p> <p>Say, “I spy with my little eye, something that has two holes in it.”</p>	<p>Make a “feely can.” (An empty coffee tin works well.)</p> <p>Put a favourite fruit in the can. Have your child feel the fruit (without looking), describe it, and try to guess what it is. Taste is after, talk about how it feels.</p> <p>Let your child pick an item to put in the can and have you try and guess.</p>	<p>Take the spices out of your cupboard.</p> <p>Have your child smell each one. Ask them if it is spicy or sweet.</p> <p>Bake something together using some of the spices.</p>	<p>Get out some musical instruments (or pots and spoons). Play loudly and softly. Encourage your child to listen for the difference.</p>
					<p>Sunday</p> <p>Read “The Very Hungry Caterpillar”. Talk with your child about all the different foods the caterpillar ate.</p>



Key Words

Touch, Taste, Senses, Food

Repeat these words often during the week and give your child the opportunity to hear and say them.

