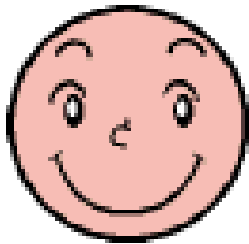


Communicating for Fun

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 or flyers with your child. Help your child cut out pictures of food.</p> <p>Make a collage with the pictures.</p> <p>Label all the food you see and encourage your child to repeat the words after you.</p>	<p>Go to the grocery store and buy a piece of fruit or a vegetable that you would not normally buy.</p> <p>Take it home and taste it with your child.</p> <p>Say, "Is it yummy? Does it feel cold or warm? Where is your food going?"</p>	<p>With your child point to and name 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 your nose. Where's your nose, point to your nose."</p>	<p>Make a "feely can." (An empty coffee tin works well.)</p> <p>Put a favourite toy in the can. Have your child feel the toy (without looking), describe it, and try to guess what it is.</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 how it smells.</p> <p>Say, "Does it smell good or yucky?"</p>	<p>Get out some musical instruments (or pots and spoons). Play loudly and softly. Encourage your child to listen for the difference.</p>
					Sunday
					<p>Read "Hungry, Hungry Caterpillar" Talk with your child about all the different foods the caterpillar ate.</p>



Key Words

Eyes, Ears, Nose, Mouth, Hands

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

