

Communicating for Fun

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

NATURE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Plant some seeds in the garden or a cup.</p> <p>Ask your child to what a seed needs to grow (sun, water, weeding).</p> <p>Ask your child if s/he would like to take care of watering that seed and making sure no weeds grow around it.</p> <p>“What do you need to do to take care of the plants?”</p>	<p>Have your child repeat this small tongue twister: “Wiggly worms will wiggle.”</p> <p>Wiggle a gummy worm while saying the tongue twister.</p> <p>Say it as fast and slow as you can.</p> <p>Encourage your child to make up their own tongue twister by using words that begin with the same letter. Model for you child first.</p>	<p>PICNIC DAY</p> <p>Have a picnic outside (or inside).</p> <p>Make a menu together. Have your child decide what to eat as you write it down. Guide them to make healthy choices.</p> <p>Have your child put the items inside the picnic basket as they name each one.</p>	<p>Spend time outside and have your child collect different treasures they find.</p> <p>Ask your child to describe each treasure that they collected. Use words like: “Rough/ smooth, big/little”.</p> <p>When you go back inside have your child place their treasures in a special box or scrapbook.</p>	<p>TULIP FESTIVAL (Netherlands)</p> <p>Have your child: Look at pictures of tulips or look at them in a garden.</p> <p>Name the different colours tulips can be.</p> <p>Make their own tulip using egg cartons and pipe cleaners.</p> <p>Use their favourite colours to decorate their tulip.</p>	<p>Ask your child to turn on the sink tap. Talk about where water comes from, and where it goes to.</p>
					Sunday
					<p>Make some bird sounds together.</p> <p>Try as many different bird sounds as you can both think of.</p> <p>Try out other nature sounds.</p>



Key Words

Seeds, Worm, Scarecrow

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



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CANADA DAY

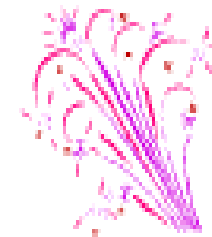
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Find a picture of a Canada flag or go for a walk to see one. Encourage your child to draw a picture of the Canada flag.</p> <p>Attach a straw to one end and wave it around. Fly your flag up high, down low, or in the middle. Play “Simon Says” with your flag.</p>	<p>RED & WHITE DAY</p> <p>Dress up in red and white.</p> <p>Drink red and white juice, eat red and white food.</p> <p>Bake a cake together. Sing “Happy Birthday” to Canada.</p> <p>Ask your child to guess how old Canada is.</p>	<p>Sing “O Canada” together. Try humming it together.</p> <p>Have your child hum really loud and soft. Ask them if their lips feel tingly when they hum loudly.</p> <p>Try humming through a paper towel roll. Does it sound different?</p>	<p>Get out the pots and pans. March outside while playing your ‘drums’.</p> <p>Put on some music and have a parade (march around your house).</p> <p>Celebrate Canada’s birthday with a song.</p>	<p>Look at a map of Canada.</p> <p>Talk about the things on the map.</p> <p>Have your child draw a map</p> <p>Point out on the map where you live.</p>	<p>Look at some Canadian money, and have your child name the animals and pictures. Talk about where these animals live and where the other picture come from.</p>
					<p>Sunday</p>
					<p>Take a walk outside and help your child find maple trees. Collect some of the leaves.</p>



Key Words

Country, Firework, Maple Leaf

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



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TREES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have your child name the colours on the trees.</p> <p>Count how many different colours you see.</p> <p>Look at the sizes of the trees and talk about which trees are tall or wide.</p> <p>Say: "Can you find a tall tree? How about a wide tree?"</p>	<p>Rake up some leaves into a big pile.</p> <p>Jump into the pile together.</p> <p>Talk about the size of the jump.</p> <p>"I am jumping high in the air. I am jumping over the leaves."</p>	<p>Go to an orchard or grocery store.</p> <p>Pick some apples.</p> <p>Have your child name the different colours that apples can be.</p> <p>Taste the different apples and talk about if they are sweet, sour, crunchy, etc. Ask your child to describe the taste. ("This is very sour.")</p>	<p>Bake some pancakes together or use waffles. Try to use a recipe that your child can read (one with pictures).</p> <p>Put maple syrup on top. Talk about where maple syrup comes from.</p> <p>Ask your how s/he likes his pancakes. ("I like them with butter and syrup.")</p>	<p>Collect leaves from outside.</p> <p>Sort them into piles according to their colour, size, or shape.</p> <p>Say: "How do you think we should sort these leaves?"</p> <p>Do leaf rubbings by placing some paper over the leaves and colouring over the paper with a crayon.</p>	<p>Have your child cut out pictures of trees and glue them on paper to make a collage.</p> <p>Name the different trees that are on the collage.</p>
					Sunday
					<p>Talk about animals that live in trees.</p> <p>Encourage your child to tell you where each animal lives. ("The bird lives in nest.")</p>



Key Words

Crunch, Syrup, Orchard, Branches
Repeat these words often during the week and give



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WINTER TIME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Get dressed to go outside.</p> <p>Encourage your child to name all the clothes they put on to keep them warm in the winter.</p> <p>Say, “What are those things you are putting on your feet?”</p> <p>[“Boots”]</p>	<p>Go outside and play in the snow.</p> <p>Build people or animals in the snow. Talk about what you are building.</p> <p>Spray paint your snow people or animals using spray bottles with coloured water inside. Name the colours as you spray.</p>	<p>Try to catch snowflakes on your tongue by sticking out your tongue.</p> <p>Talk about how the snow feels. (If it is not snowing than just pretend.)</p> <p>Using a black piece of paper, try to catch the snow and talk about the patterns in each flake.</p>	<p>Make a snowflake. Cut out a circle and have your child fold it 3 times.</p> <p>Using scissors, have your child cut small pieces out of the sides.</p> <p>Unfold it and hang it up.</p> <p>Ask your child where snow comes from, talk about it.</p>	<p>Go tobogganing.</p> <p>Try to go slowly down the hill and then fast.</p> <p>Ask your child what sound they hear when they go fast.</p> <p>Have your child draw a picture of their sled.</p>	<p>Make some popcorn.</p> <p>Listen to the sound of it popping. Pretend to be a kernel and then POP!</p>
					Sunday
					<p>Make hot chocolate. Talk about how it feels when you drink it. Have your child count the number of marshmallows that they put in their drink.</p>



Key Words

Cold, Tobogganing, Snowman

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EMOTIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sing “If You’re Happy and You Know It”.</p> <p>Have your child pick different emotions and actions for the song and sing together. Eg. “If you’re mad and you know it, say, ‘I’m angry’.”</p> <p>Talk and sing other songs that have emotions in them.</p>	<p>Make faces with your child.</p> <p>Ask your child to make as many faces as they can think of.</p> <p>Give your child some paper and have them draw the faces with different feelings on some paper.</p> <p>Ask your child to describe the feelings they drew.</p>	<p>Read your favourite stories together.</p> <p>Have your child point to and name the different emotions they see as you read.</p> <p>Have your child cut out faces from magazines and make a collage of different emotions that you see.</p>	<p>LAUGHING DAY</p> <p>Tell a funny joke, tickle your child, or just laugh together.</p> <p>Try laughing in front of a window and see how fogged up it will get.</p> <p>Draw faces with your fingers in the steamed window.</p>	<p>Have your child draw faces on their fingers with different emotions.</p> <p>Draw faces on your own fingers and play finger puppets.</p> <p>Act out each emotion and talk about what to do when you feel different ways.</p>	<p>Stand in front of a mirror and have your child name an emotion. Make your faces and bodies match the emotion. (Eg. happy - smile and jump)</p>
					Sunday
					<p>Ask your child how they feel today and why. Talk about your feelings together. Be expressive, act out how you feel with actions.</p>



Key Words
Feelings, Laugh, Cry, Jump
Repeat these words often during the week and give



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ANIMALS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have your child pretend to be an animal.</p> <p>Encourage them to make animal sounds and to move around like the animal.</p> <p>Try to guess which animal they are.</p> <p>Switch roles and have your child guess which animal you are!</p>	<p>Talk about where animals live. Try to visit some animal homes by taking a walk outside.</p> <p>Look for nests, lift up a rock and try to find a worm's home, find a mouse hole, and any other signs of animals.</p> <p>Ask your child how animals make their homes. ("Birds get leaves to build their nest.")</p>	<p>Talk about what animals eat. Ask your child what food both people and animals eat.</p> <p>Say: "Can you think of food that an animal and people eat?"</p> <p>Try to eat some of the food.</p> <p>Talk about how animals would get their food.</p>	<p>Ask your child how animals move and get around.</p> <p>Say: "How many animals can you think of that hop? How many wiggle? How many run?"</p> <p>Point to the animals on this page and talk about how they move. Colour them while you talk about them.</p>	<p>Sing "Old MacDonald had a Farm", with your child.</p> <p>Have your child choose which animal they want to sing about.</p> <p>When you make the sound of the animal ask your child to describe what s/he is doing. ("I am mooing like cow.")</p>	<p>Using animal crackers, sort the different animals into piles. Talk about how and why you are sorting them. Make patterns with the crackers.</p>
					Sunday
					<p>Read books together about animals. Have your child name the different animals and say where they live and what they eat.</p>

Key Words

Nest, Wiggle, Farm, Barking

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HELPING AROUND THE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Bake cookies together.</p> <p>Have your child add and mix ingredients.</p> <p>Encourage them to name all the ingredients while they are adding them.</p> <p>Choose two of your cookies and decorate them.</p>	<p>Have your child describe and predict the weather.</p> <p>If it is cloudy, ask them if it will rain.</p> <p>If it is sunny, ask them if they think it will stay sunny all day.</p> <p>Make a weather chart, draw pictures of the weather for each day.</p>	<p>When your child undresses themselves, ask them to name their clothes.</p> <p>After undressing, have your child dump dirty clothes in the hamper, and hang the clean clothes up.</p> <p>Make this a daily routine for your child.</p>	<p>At mealtime, have your child serve everyone.</p> <p>Count the number of scoops together that it takes to fill up a plate.</p> <p>Talk about how the food tastes, and what it feels like in their mouth.</p>	<p>Have your child vacuum or sweep a room in your house.</p> <p>Have your child switch on the vacuum cleaner and listen for the 'roar'. Or when sweeping, listen for the "Whoosh" sound.</p> <p>Try out different vacuum heads and listen for the difference.</p>	<p>Practice talking on a play phone with your child. Have your child answer the phone the next time it rings.</p> <p>Encourage them to speak.</p>
					Sunday
					<p>Wash the dishes together. Have your child put as many dishes away as s/he can, while naming each item.</p>



Key Words

Roar, Cloudy, Sunny, Plate, Cup

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



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BUSY, FUN LEARNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Go outside together with a clear container. Help your child collect bugs and worms.</p> <p>After they are finished collecting help them count how many bugs there are. "How many bugs are there? Are there more worms?"</p> <p>Remember to let the bugs go!</p>	<p>Build a house out of blocks with your child.</p> <p>Use blocks as cars, make sounds together.</p> <p>Encourage your child to pretend blocks to be other things, such as stop signs, animals, and people.</p>	<p>OPPOSITES</p> <p>Talk about opposites.</p> <p>With your child try raising your voice when you say, "Up", and lowering your voice when you say, "Down".</p> <p>Have your child come up with other opposites.</p>	<p>Have your child choose a toy and hide it in a room, while you close your eyes.</p> <p>When they are ready find the toy by asking questions and your child answering.</p> <p>Say, "Is the toy under something I can sit on? Is it by something blue?"</p>	<p>Collect stones from outside together.</p> <p>Encourage your child to sort them into different piles. (Size, colour, texture)</p> <p>Talk to your child while they sort, have them describe to you how they are sorting the rocks.</p>	<p>Sing "The Hokey Pokey".</p> <p>Have your child choose the body part they want to stick out.</p>
					Sunday
					<p>Turn on some music that has no words.</p> <p>Give your child a crayon and paper and have them draw to the music.</p>



Key Words

Under, Over, 'Hokey Pokey'

Repeat these words often during the week and give



KINDERGARTEN AGE

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

TRANSPORTATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Read books together on cars, trucks, and different types of transportation.</p> <p>Ask your child which each type of transportation does.</p> <p>Play: "If I could be an airplane I would....." (Let your imagination soar.)</p>	<p>Using different colours of construction paper help your child to cut out a variety of shapes.</p> <p>Build funny looking vehicles by glueing the shapes together on a big piece of paper.</p> <p>Talk about the different shapes and colours.</p>	<p>Make a stop sign with one side green and the other red.</p> <p>Put on some music and have your child pretend to be a vehicle.</p> <p>Turn the sign red for your child to stop, and green for when they can go and pretend to be a different vehicle.</p>	<p>Using a big box pretend that it is a type of transportation.</p> <p>Decorate it with your child so that it looks like a train, boat, car (whatever they want).</p> <p>When you are finished decorating push them around your house so that they can 'drive'. Pretend to go on a trip.</p>	<p>Have your child pretend to be a mode of transportation.</p> <p>Have them make different sounds and move around while they pretend. Try to guess what they are.</p> <p>Switch roles.</p>	<p>Go outside and listen to the noises that different vehicles make. Ask your child to imitate those sounds.</p>
					Sunday
					<p>Sing "The Wheels on the Bus" with your child.</p> <p>Have him/her choose which verse to sing and do the actions together.</p>



Key Words

Choo-choo, Wheels, Transportation

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CHRISTMAS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Write a letter to Santa. Talk with your child what s/he would like for Christmas.</p> <p>Encourage your child to print his name.</p> <p>Encourage your child to decorate the letter.</p>	<p>Have your child cut out Christmas pictures or toys from magazines, flyers and calendars.</p> <p>Have your child make a collage of the things they wrote on their wish list.</p> <p>Talk about the pictures - the colours, and what they would do with the items.</p>	<p>Sing Christmas songs together.</p> <p>Sing really loud and soft, encourage your child to listen closely to the different volumes.</p> <p>Put in a favourite Christmas tape or CD and sing along with that.</p>	<p>Take a walk around the neighbourhood (maybe after dinner).</p> <p>Look at all the Christmas lights and decorations on different houses.</p> <p>Have your child tell you what they see: the colours of the lights, the decorations, and the trees.</p>	<p>Gather up old Christmas cards and talk about the pictures and who they are from.</p> <p>Cut up the old cards and use the pictures to make new ones.</p> <p>With your child discuss and write new messages. Encourage your child to write their own name.</p>	<p>Visit a tree farm or a place that sells Christmas trees. Talk about the sizes of the different trees (Eg. small, tall)</p>
					Sunday
					<p>Read the Christmas story together.</p> <p>Ask your child what they think will happen throughout the book.</p>



Key Words

Wish List, Christmas, Bright Lights

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

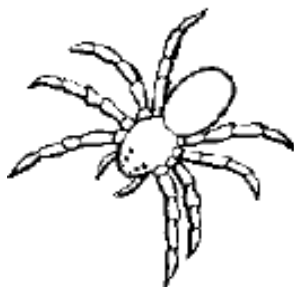


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HALLOWEEN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Visit a pumpkin patch or a local store that sells them.</p> <p>Talk about the sizes of pumpkins and which colour they are.</p> <p>Say, "Which one is the biggest pumpkin here? The smallest? What colour are all the pumpkins?" Bring one home.</p>	<p>Cut the top of the pumpkin off that you purchased yesterday.</p> <p>Have your child shell it out. Ask your child to tell you what it feels like. Eg. "I'm digging out the seeds. They feel squishy."</p>	<p>Carve a pumpkin with your child.</p> <p>First discuss which type of face you would like, and have your child draw it on with a marker.</p> <p>Have your child tell you what to do as you carve.</p>	<p>Make a yummy, spooky Halloween snack.</p> <p>Have your child tell you how to make green jello. Assist them when they need help.</p> <p>Just before the jello hardens, add gummy worms. Enjoy!</p>	<p>Talk about different Halloween shapes. (ghost, pumpkin, scarecrow.)</p> <p>Have your child tell you what shape to make the sandwiches in.</p> <p>Try using cookie cutters.</p>	<p>Have an orange and black day. Dress in orange and black clothes, eat orange and black food.</p>
					Sunday
					<p>Recite the rhyme "Itsy, Bitsy Spider" with your child. Do the actions together.</p>



Key Words

Orange, Black, Halloween, Costume

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



KINDERGARTEN AGE

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EASTER / SPRING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have a spring clean up day.</p> <p>Talk with your child about things that they could clean up either indoors or outside. Make a list of things with your child of what you need for cleaning.</p> <p>At the end of the day, talk about all the things you cleaned.</p>	<p>Have your child cut bunny ears out of cardboard (cereal boxes), and attach them to a strip of paper long enough to fit their head.</p> <p>Talk about what a bunny looks like, encourage your child to make a bunny tail.</p> <p>Hop around the house like a bunny.</p>	<p>Bake Easter cookies together.</p> <p>Ask your child to name the ingredients and add them.</p> <p>Watch the cookies bake in the oven. Talk about how cookies change from dough to cooked.</p>	<p>Make an Easter hat, using a paper plate and decorations.</p> <p>Have your child design and decorate their own hat.</p> <p>After they are done ask them to describe their hat to you.</p>	<p>Have an Easter Egg Hunt.</p> <p>Using Easter eggs, hide them around the house.</p> <p>Help your child find them by saying if they are “warm or cold” when they are near or far from the hidden eggs.</p>	<p>Have your child think of different animals that have most of their babies in the spring. Talk about them, make all their different sounds. (Baby birds - peep)</p>
					<p>Sunday</p> <p>Have an Easter Tea Party. Wear bright ‘spring’ colours, sip ‘tea’ (juice), and eat the cookies you made earlier.</p>



Key Words
Easter, Hop, Spring, Rabbit

Repeat these words often during the week and give



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THANKSGIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Trace your child's hands on a piece of paper, and have them colour their handprints.</p> <p>Talk with your child about all the things that they are thankful for.</p> <p>Try to come up with 10 to match each finger.</p>	<p>Harvest Time!</p> <p>Talk with your child about different foods that are being harvested at this time of the year. (corn, apples)</p> <p>Try to visit a farm where they are harvesting these foods.</p>	<p>Read a book on Thanksgiving with your child.</p> <p>Using the same book, have your child read it to you by looking at the pictures and using their memory and imagination.</p>	<p>Make a turkey with your child by tracing your child's hand on a piece of paper. (The thumb becomes the head and the fingers the tail feathers.)</p> <p>Make up a story with your child about a turkey and act it out. (Include the sound a turkey makes: 'Gobble Gobble'.</p>	<p>Bake a pumpkin pie together.</p> <p>Talk about the different smells and spices that are in the pie.</p> <p>After the pie is cooked, try it out!</p> <p>Talk about what the pie feels like in your mouth.</p>	<p>Visit a farmer's market with your child. Talk about all the different foods.</p> <p>Encourage your child to talk about where the food came from.</p>
					Sunday
					<p>Have a Thanksgiving Day Feast! Talk about what you're thankful for, and enjoy your favourite foods.</p>



Key Words

Thanksgiving, Gobble, Harvest

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NEW YEAR'S

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sit with child and talk about the year that just past. Go through pictures and talk about what is happening in them.</p> <p>Have your child make a scrap book by drawing pictures of events they remember. Ask your child to tell you about the pictures.</p>	<p>Talk with your child about the new year that is coming.</p> <p>Have your child draw a picture of something they would like to do in the new year and tell you about their picture.</p>	<p>Play your child's favourite tape.</p> <p>Dance and sing along to celebrate the New Year.</p> <p>Use musical instruments, or make your own, to play with the music.</p> <p>Make up silly songs to go with the music.</p>	<p>Make a Chinese New Year Dragon.</p> <p>Help your child draw and cut out a dragon's head using construction paper. Glue it on the bottom of a paper bag.</p> <p>Use scraps of yarn, fabric, stickers, and streamers for your child to decorate their dragon with about the dragon.</p>	<p>Using empty plastic bottles make noise makers.</p> <p>Have your child choose what to put into their noise makers. (beans, rice, pasta, or anything that will make some noise.)</p> <p>Tie some ribbon around the bottle. Have your child listen to the different noises.</p>	<p>Get in your p.j.'s early and have a pyjama party.</p> <p>Have your child use their noise makers and dragon puppet.</p>
					Sunday
					<p>Plan a special New Year's Feast. Have your child make a menu using pictures from flyers and magazines.</p>



Key Words

New Year's, Celebrate, Noise, Memories

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



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COMMUNITY HELPERS AND SAFETY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Talk with your child about community helpers</p> <p>Encourage your child to list as many as they can think of. (policeman, fireman, doctor, postman) Use a book to help them.</p> <p>Talk about what each person does.</p>	<p>Visit a place where a community helper works. (police station, fire station, dentist office, post office)</p> <p>While visiting talk to your child about the different uniforms the people wear.</p> <p>Ask your child to tell you what noises they hear.</p>	<p>Pretend to be different community helpers with your child.</p> <p>Talk to your child about what they want to be when they grow up.</p>	<p>Make a traffic light with your child.</p> <p>Have them draw and cut out three circles-red, yellow, and green, and then glue the circles onto a piece of black paper.</p> <p>Talk with your child about what each colour means. (Red-stop, yellow-be careful, and green-go.)</p>	<p>Play red light, green light with your child.</p> <p>Run, skip, jump-then when you shout, “Red Light!”, your child must stand still. When they hear, “Green light!”, they can start to move again.</p> <p>Switch roles.</p>	<p>Walk through your home with your child. Have your child find smoke detectors. Test each smoke detector and listen to the noise it makes.</p>
					Sunday
					<p>Read some favourite books on safety. (Bernstein Bears Learn About Strangers) Have your child tell you the story back.</p>



Key Words

Doctor, Dentist, Traffic, Uniform

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



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BEACH TIME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Dress up like you are going to the beach!</p> <p>Have your child name the clothes that they are putting on (bathing suit, hat, sandals).</p> <p>Encourage them to name the different colours on their clothes.</p> <p>Don't forget your funky shades (glasses).</p>	<p>Talk with your child about the sun - the colour and how it feels.</p> <p>Have your child draw a picture of the sun.</p> <p>Ask your child, "What do you put on your skin so that the sun will not hurt you?"</p> <p>Put on some sun block. How does it feel?</p>	<p>Using a glue stick, have your child cover the bottom of a piece of paper with glue. Then have them sprinkle some sand on the glue.</p> <p>After it dries feel the piece of paper and talk about how it feels.</p>	<p>Eat a popsicle. Try biting, sucking, and chewing.</p> <p>Ask your child how it feels when the popsicle is in their mouth.</p> <p>Encourage your child to come up with different sounds while eating their popsicle (slurping, biting, sucking).</p>	<p>Go to the beach! (If you can't make it try it in the bathtub.)</p> <p>Throw a ball to each other and count how many times you can catch the ball without dropping it.</p> <p>Listen for the sound the ball makes when it hits the water.</p>	<p>Using a box, make a boat with your child.</p> <p>Colour or decorate theirs to look like a real boat.</p> <p>Pretend to sail to a special place.</p>
					Sunday
					<p>Set up a sprinkler or a hose. Have your child walk and jump over the water. Pretend to be different water animals.</p>



Key Words
Sun Block, Slurping, Splash

Repeat these words often during the week and give



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WATER ANIMALS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Introduce water animals to your child by showing them pictures or books.</p> <p>See if you can count together how many different animals there are.</p> <p>Talk about where they live (river, pond, ocean).</p>	<p>Visit a pet store. Go to the fish section and look at the different fish.</p> <p>Help your child to name the different colours fish can be.</p> <p>Ask them to find all the fish that are yellow (gold), red, blue, etc.</p> <p>How many fish are there? More or less than - 5? (Pick a low numbers when your first try this.)</p>	<p>Pretend to be a fish. Open and close your mouth like a fish.</p> <p>“Swim” around your house. Have your child think of different things that fish can do and try to do those actions.</p> <p>Talk about what fish eat (plankton, little fish)</p>	<p>Be an octopus!</p> <p>Have your child sit on your lap. Using all four limbs (arms & legs) wave them around.</p> <p>Have your child count how many octopus ‘legs’ you have.</p>	<p>Make a turtle. Talk about what a turtle looks like and what colour they are.</p> <p>Have your child colour a paper plate the colour s/he thinks a turtle should be.</p> <p>Encourage your child to cut out a head and four feet and glue them on the plate.</p>	<p>Play with Goldfish crackers. Make some soup. Listen to the sound the cracker makes when you eat them when they are in the soup or when they are dry.</p>
					Sunday
					<p>Go to a pond, river, or any body of water. See what animals you find there and help your child draw the animals for a list.</p>



Key Words

Pond, Plankton, Goldfish

Repeat these words often during the week and give



Communicating for Fun

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

TEDDY BEARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Try out this action game.</p> <p>“Teddy bear, Teddy bear, turn around. Teddy bear, Teddy bear, touch the ground. Teddy bear, Teddy bear, reach up high. Teddy bear, Teddy bear, touch the sky.”</p> <p>Continue with this game, having your child name the action.</p>	<p>Make a teddy bear puppet using a paper lunch bag and construction paper.</p> <p>Have your child draw and cut out a teddy bear face and glue onto the bottom of the bag, forming a puppet.</p> <p>Make one for yourself and have a puppet play!</p>	<p>Take a walk to the park with your child’s favourite teddy bear.</p> <p>Play “I Spy with My Little Eye” together.</p> <p>For example, “I spy with my little eye, something that is fluffy. [A cloud].”</p> <p>Try using shapes as well. Let teddy have a turn too!</p>	<p>Go to the library or choose a book from home about bears. (Brown Bear, Brown Bear; Bearenstein Bears)</p> <p>Read it together and talk about what might happen next.</p> <p>Talk about different kinds of bears: polar bears, grizzly bears.</p> <p>Growl like a bear.</p>	<p>Say this little rhyme with your child:</p> <p>“Fuzzy Wuzzy was a bear. Fuzzy Wuzzy lost his hair. Then Fuzzy Wuzzy wasn’t fuzzy - was he?”</p> <p>Encourage your child to say it slow and then faster.</p>	<p>Have a teddy bear picnic with your teddies.</p> <p>Talk with your teddies about the food you are eating.</p>
					Sunday
					<p>Sort gummy bears together by colours. Count how many you have in each group. Make patterns with them. Eat them as you go!</p>



Key Words

Polar Bear, Growl, Fuzzy Wuzzy

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

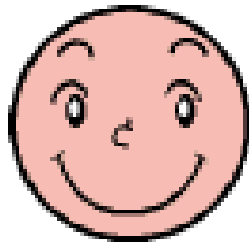


Communicating for Fun

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.



Communicating for Fun

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

ME AND MY FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Stand in front of a mirror with your child.</p> <p>Talk to your child about what is different (or the same) about you.</p> <p>Ask your child, "Who has bigger hands? Who has straight or curly hair."</p>	<p>Have your child lay down on a large piece of paper.</p> <p>Trace around your child.</p> <p>Let your child draw his or her face and clothing onto their picture body. Talk about the details on your child: buttons, shapes, stripes, colour of hair, eyelashes, and fingernails.</p>	<p>Go for a walk with your child.</p> <p>Collect a rock for each member of the family. Try to find a different size rock for each person.</p> <p>Using paint or markers decorate your rocks.</p> <p>Talk about what you are doing.</p>	<p>Play house either by dressing up or with some dolls.</p> <p>Have fun imagining with your child. Talk about what you are going to do today.</p> <p>("First we will.... Then.....")</p>	<p>Recite this family fingerplay with your child:</p> <p>"This is our family (hold up fingers) Lets's count them and see, How many there are. And who they can be." (count fingers)</p> <p>Have your child say the names of the people that are in your family.</p>	<p>Get out photo albums. Sit with your child and look at pictures. Talk about what people are in the pictures.</p>
					Sunday
					<p>Plan a special family dinner. Let each person pick a favourite food to have for the feast.</p> <p>Eat by candlelight.</p>



Key Words

Same, Different, Family

Repeat these words often during the week and give

