

Speech & Language Therapy Activities

Week of: May 25, 2020

Message to families: Hello everyone! We hope the sunshine and warmer weather are brightening your days with the promise of summer just around the corner! We encourage you to continue practicing speech and language targets with your children for one final push through the end of the school year. We would still love to hear from families that have not yet reached out during the school closure to hear how everything is going and check in. For families that haven't reached out with feedback on how their child's at-home learning program is going, we would love to still hear from you as to how your child is doing with his or her speech and/or language. Please send us a text or email with updates on how you feel your child's speech/language is progressing. We can be reached at: awojtyna@ecasd.us or (920) 619-0311 and kworachek@ecasd.us. This newsletter will be the last newsletter of the school year. Over the last week of school (June 1st-5th) we will be writing up progress notes and compiling additional materials and activities to send electronically at the end of the week to continue to support your child's speech and language over the summer. Don't hesitate to reach out before then with continued questions or concerns. Stay well!

Yoga: This week's general activity is trying out some yoga poses to get your child active and engaged while also targeting your child's individual speech/language targets! Here are a few links to follow with some yoga poses and videos to get you started:

- <https://www.purewow.com/family/yoga-poses-for-kids>
- Go to youtube.com and type in the following: "10 yoga poses cosmic kids yoga compilation" (13:07 minutes long)

→ **Articulation - "Saying Sounds":** Take turns trying different yoga poses and while you each hold the pose, have your child practice their speech sound target. Make it a challenge and see how many accurate repetitions they can get in before they lose the pose. You can refer back to MommySpeechTherapy.com to find word lists by sound to practice your child's specific speech sounds (Located under "Free Downloads").

For children with **Expressive Language Goals** ("Using words and sentences") and **Receptive Language Goals** ("Understanding words, sentences, and stories"):

Take turns being the "yoga instructor" and give clear directions on the pose you want the other to perform.

- **For expressive language:** When your child is the instructor, encourage them to use complete sentences and describing and concept words to clearly explain what pose they would like you to do. Recast (repeat correctly) your child's utterances that are grammatically incorrect to model appropriate and correct sentences. We provided a list below of example words to incorporate and have your child use within their directions to expand their vocabulary.
- **For receptive language:** We encourage you to be the instructor and provide directions for your child to follow regarding a specific pose. We provided a list below of example words to incorporate into your directions to increase your child's concept understanding and ability to follow directions. You can vary the complexity level of the directions based on your child's current level of understanding.

Word List: (for both expressive and receptive language targets)

-next to, behind, over, in line with, on, in, under, forward, backward, into, between, left, right, in front of

-We also encourage you to incorporate some more specific or new vocabulary that goes beyond basic body parts (i.e., legs, arms, back). Before getting started, take some time to review and model saying the following body parts and then encourage your child to say them and identify them as you do yoga together: ankles, thighs, calves, knees, hips, hamstrings, chest, spine.

→ **Social Skills - "Interacting with the people in your environment":**

Yoga is a great way to practice mindfulness and can bring a sense of peace into daily lives. Have your child take some time to acknowledge how they feel doing different poses and then reflect back on the experience after the yoga practice is complete. If specific yoga poses aren't for your child, you can instead take some time to do a short "meditation" or "quiet time" for your child to acknowledge how they feel in the present moment and reflect on their emotions throughout the day.