

This document has activities that can be done in the home with little to no preparation.

While parents shouldn't feel pressured to fill their children's day with academics and structure, it is important to find activities that stimulate their minds, without adding extra stress to parent's busy lives.

Find what activities work best for your family.

More importantly, TALK TO YOUR CHILD as much as possible.

This is a no-prep way to ensure they have access to speech and language.

## Prepare

Gather:

Paper

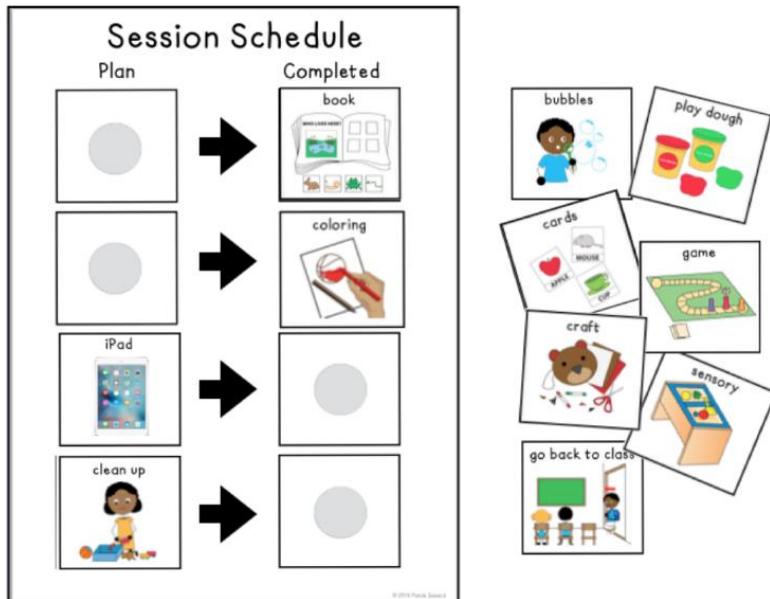
Markers or crayons

Or print visual schedule (if possible)

If you can't print a schedule (or don't have the time or energy) write and draw one by hand! Hand drawn schedules are just as effective.

This article explains why schedules are important. It is geared towards therapy sessions, but the reasons can be applied to your home as well.

<https://www.pandaspeechtherapy.com/post/2016/08/18/3-reasons-to-use-visual-session-schedules-in-speech-more-free-schedule>



## Prepare

Ask parent to gather:

Paper

Markers or crayons

Photos of weather on the phone

## Complete

Talk about Calendar Time at home

Parent will draw a calendar (or use a printed calendar)

Child can color or decorate calendar.

Calendar Songs

Days of the Week

Months of the Year

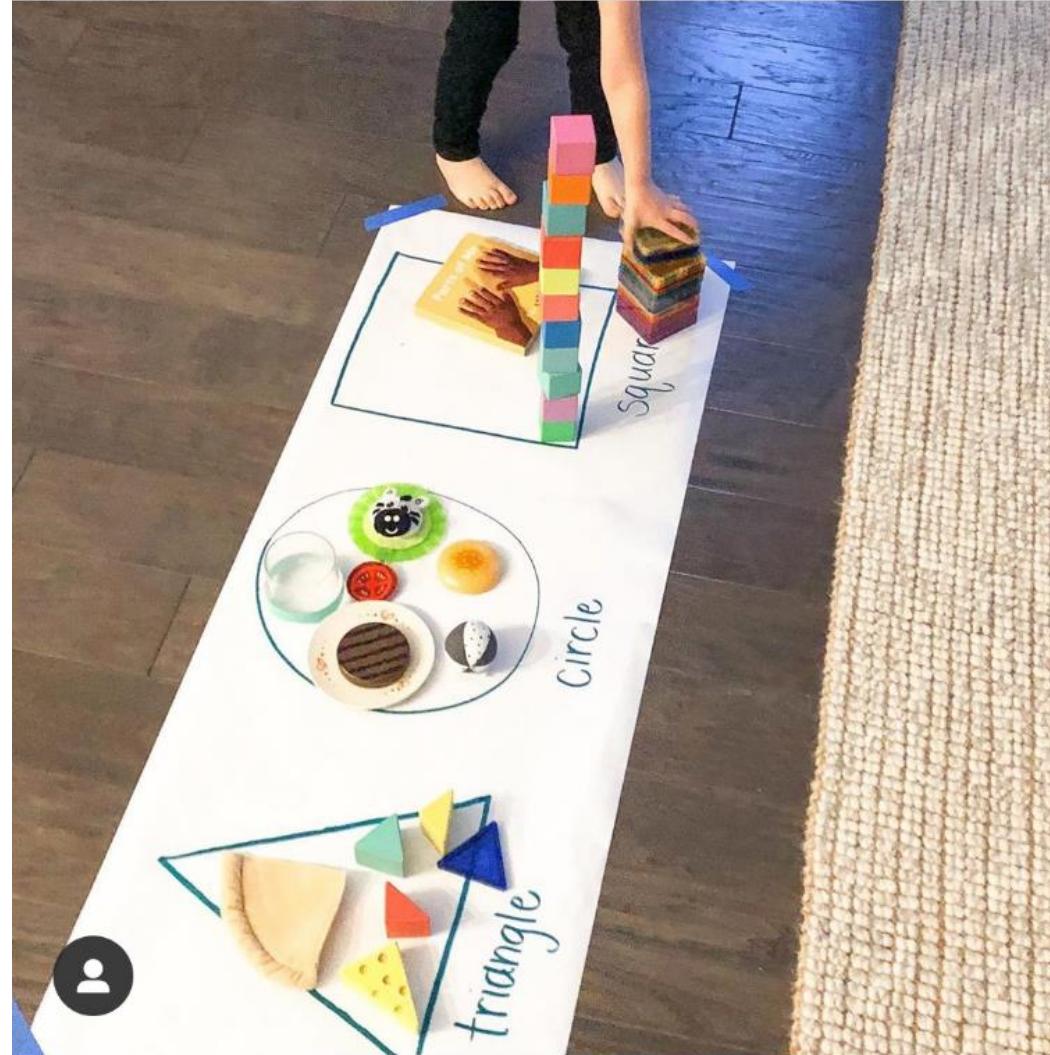
Alphabet Song (Have Fun Teaching)

Seasons Song



“Homework”: Parent finds other songs and rotates them throughout the week.

literacyforlittles



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## Prepare

Gather:

Paper

Markers or crayons

Assorted items from the home (play food, blocks, plates, bowls, cups, books, etc)

## Complete

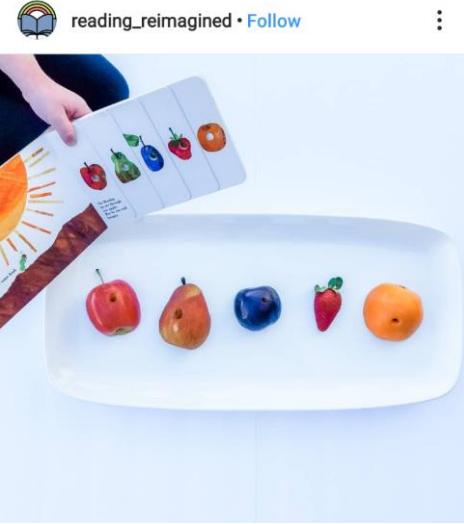
Have parent or sibling draw one shape on each sheet of paper.

Parent should start by asking the child, “Is this a circle?”

Parent can sort all of the circle items, or alternate shapes depending on child’s skill level.

Activity can target turn taking (siblings or parent), answering questions, ID nouns, verbs (put, move, draw, grab, get).

Jessica Lampert



## Story Time Snacks

Select a story.

Practice listening and comprehension skills while reading aloud.

- answering who, what, where, when, why
- asking the child to re-tell the story
- use character voices (high/low, fast/slow)

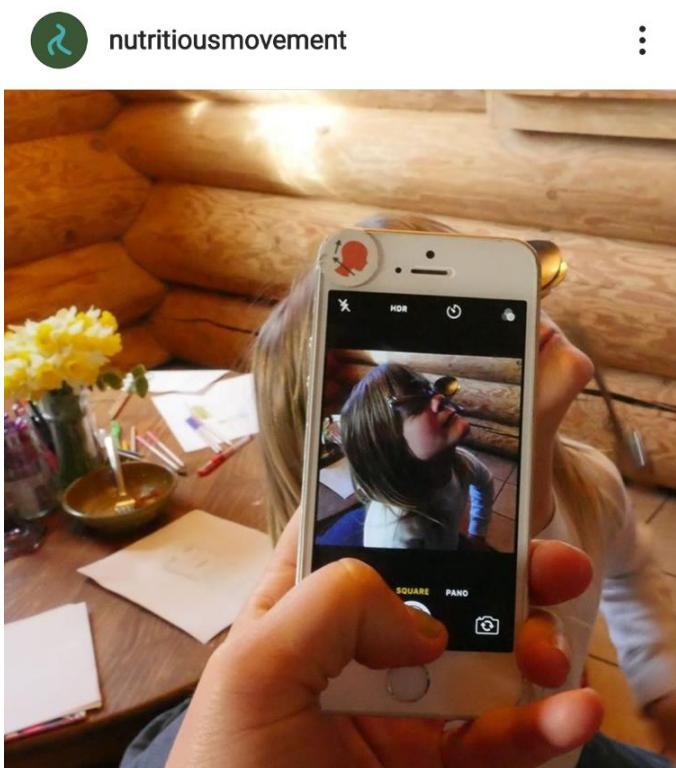
Finish with a snack related to the story. Or, allow child to snack during the story, if necessary.

#storytimesnacks

Jessica Lampert

## Photo Scavenger Hunt

Split into teams or take pictures of your child doing the following:



- Balance a spoon on your nose
- People in mid-air
- Yoga pose
- Draw a self- portrait
- Selfie in a mirror with a silly face
- Paper airplane flying in mid-air
- Human pyramid (at least 2 people)
- Build a house of cards
- Picture or drawing of a plant (indoor or outdoor)
- Video of you singing a song
- Shadow animal or puppet
- You or child squished into tiny space
- Stack books as tall as your child (or you)
- Take a picture of a bug
- Make a paper chain
- Optical illusion (like pinching someone's head between your fingers)

## **Don't Forget the Downtime (Free Play)**



Teaches patience  
Opportunity to rest and refresh  
Supports independence  
Encourages pretend play and creative thinking

You do not have to entertain your kids every minute of every day. There are moments for learning and moments for relaxation. Each plays their part in your child's development.

Make sure to add this to their schedule, so they know they will be getting a break!

In case no one has told you lately,

