



January

Fun activities for speech and language!
Try to do at least two activities a week.

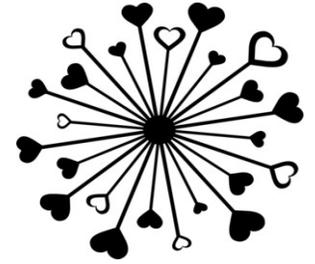
The most important piece is talking to your preschooler about the activities—colors, shapes, sizes, vocabulary, etc.

Jamie Barbarick, M.A., CCC-SLP & Cynthia Jacob, M.S., CCC-SLP

Talk about things that are hot and things that are cold. Name 2-3 items of each type.	Play with rice or beans in cookie or cake pans. Draw letters, shapes, or objects in the rice and talk about them.	Bring some snow inside in buckets. Play with the snow. Make shapes and letters in the snow.	Make JELLO! Then cut out shapes or use cookie cutters to make winter shapes or letters.
Create your own music instruments! Use a box with rubber bands or empty cartons. Play loud and soft, fast and slow music.	Read a book with your child and ask questions using what, who, where, when, why.	Talk about who you saw over the holidays. Look at pictures and recall family names and activities.	Play Simon Says or Follow the Leader. Use lots of action words (i.e., crawl, hop, run) while you play.
Name some items for your child and ask them what they do with each one. (e.g., toothbrush, shoe, apple, hammer, pillow, teddy bear).	Gather socks and/or wadded paper and have a snowball fight!	Let your child help put away the silverware. Sort the spoons, forks, and butter knives into the drawer. Talk about what you eat with them.	Sing "Old McDonald Had a Farm" with your child but try changing the category (Old McDonald had a Zoo, Refrigerator, Toolbox) See if your child can name things in that category and what they say/do.
Hide some of your child's favorite toys and give them clues on where to find them. Use prepositions (in, under, on). Then let your preschooler hide something!	Tell two things you like to do in winter and one thing you don't like to do in winter.	Go to the library and read books about winter and snowmen!	Watch your child's favorite movie. Talk about how the characters are feeling and what made them feel that way.



February

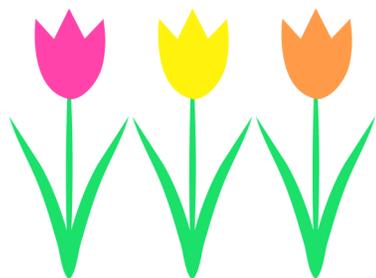


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Find your child's favorite toy/item and practice prepositions. Put it under, on, in, behind, in front, etc. other things in your house.	Play the Hokey Pokey with your preschooler. Try to put as many different body parts in and out as you can.	Make valentine's day cookies for your family! Let your preschooler stir the mix and decorate the cookies!	Finger Paint! Draw shapes, letters, and numbers. Have your child request the colors he/she wants.
Collect a variety of your child's favorite toys. Put them in a box, let your child pull them out 1 by 1. Describe the item and its use!	Find things in your house that are big and little. Is the item bigger or littler than your preschooler??	Watch your child's favorite show. Talk about how the characters are feeling and what made them feel that way.	Find all the animals in your house. Gather them up and make a zoo! As you pass each one, practice making it's sound.
Play I SPY. Look for things that are a certain color in each room. Try to find at least 3. Talk about those items.	Find 5 things in your house that are a circle, 5 squares, and 5 triangles. Talk about how they are different and the same.	Sing songs with your preschooler. Whether it be nursery rhymes or common songs! While you sing, dance around.	Go to the grocery store. Wander in the produce section. Talk about all the colors, shapes, fruits and vegetables., what you like and don't like.
Practice Listening "I hear something that sounds like..." while the other players guess what you are describing. I hear something that sounds like "beep beep beep" (the microwave beeping).	Gather up your favorite sheets and blankets, make a cave to hibernate like a bear. Take a stuffed bear into the cave.	Practice your emotions! Talk about how you feel during different parts of your day. Play pretend, practice taking turns with different emotions! Angry face vs. happy face.	Go to the library and read books about valentine's day, love, and family.



March

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<p>Pick a warm day, go outside and splash in rain puddles. Talk about descriptors: wet, dry, cold, sloppy, dirty, clean</p>	<p>Go to the library and check out books about St. Patrick's day or Spring. Read them with your child.</p>	<p>Make peanut butter and jelly sandwiches. Use cookie cutters or a knife to cut them into spring shapes with your child.</p>	<p>Sing songs with your preschooler. Whether it be nursery rhymes or common songs! While you sing, dance around</p>
<p>Cut green pictures from magazines and talk about the color green with your child.</p>	<p>Help your child sort his/her clothes into winter and spring clothes. Talk about which are useful in which types of weather.</p>	<p>Turn on the closed captioning on your tv or on youtube as your child is watching. This helps promote literacy!</p>	<p>Let your child help put away the silverware. Sort the spoons, forks, and butter knives into the drawer. Talk about what you eat with them</p>
<p>Paint with shaving cream on the table. Draw shapes, letters, and numbers.</p>	<p>Read a book with your child and ask questions using what, who, where, when, why.</p>	<p>Have a number 5 Snack; 5 pretzels, 5 squares of cheese, 5 apple slices, etc.</p>	<p>Go to the park and talk to your child about all the actions they are doing: sliding, swinging, running, jumping, climbing, hanging, etc.</p>
<p>Play Simon Says or Follow the Leader. Use lots of action words (i.e., crawl, hop, run) while you play.</p>	<p>Collect spring leaves and flowers and preserve them between two sheets of contact paper (lamination). You can then use them for crayon rubbings or decoration around the house.</p>	<p>Have your child name features on their face and your face. Talk about the senses associated with features. Eyes are for seeing Nose is for smelling.</p>	<p>Watch your child's favorite show. Talk about how the characters are feeling and what made them feel that way.</p>



April

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<p>Talk about the colors of spring. Point out flowers, rainbows, tree blossoms, grass, bugs.</p>	<p>Go to the park and talk to your child about all the actions they are doing: sliding, swinging, running, jumping, climbing, hanging, etc.</p>	<p>Play a game together, (board games, hide and seek, I spy, etc.) talk about turn taking and game actions.</p>	<p>Pack away winter items and get out the summer items with your child. Let your child decide if items belong in summer or winter piles. (clothes, toys, decorations) .</p>
<p>Talk with your child about safety outside, how should it look to be safe on the playground, at the park, on a walk, etc.</p>	<p>Sing songs with your preschooler. Whether it be nursery rhymes or common songs! While you sing, dance around</p>	<p>Watch your child's favorite show. Talk about how the characters are feeling and what made them feel that way.</p>	<p>Make pudding or jello together. Your child could help pour in ingredients, stir, and taste test.</p>
<p>Go to the library and check out books about planting seeds or growing plants.</p>	<p>Plant seeds or seedlings together. Remember to talk about them each day as you water and watch them grow.</p>	<p>Go to the park and talk to your child about all the prepositions they are doing: in, on, under, through, around, over, behind, in front.</p>	<p>Sing rain themed songs with your child in the shower or when it is actually raining: (e.g., It's Raining It's Pouring, Rain Rain Go Away)</p>
<p>Read books together, let your child turn the pages, ask questions about the pictures, what's going to happen, or what happened already.</p>	<p>Pretend it's raining and get out or talk about rain gear: galoshes, umbrella, rain coat, rain hat. Google pictures if you don't own the items.</p>	<p>Go outside and hunt for bugs, talk to your child about different types of bugs, where they live, what they eat, etc.</p>	<p>Count food items during snack or meal time with your child. Talk about which food has the most or least.</p>



May

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<p>Germinate seedlings! Add a wet paper towel and seeds to a sandwich bag and tap it to a window. Talk about the parts of the plant that grow: leaves, stem, roots .</p>	<p>Have a picnic at the park or in the back yard. Talk about how that's different from eating indoors or the weather/clouds.</p>	<p>Make sandwiches together, talk about the sequence of steps using language such as "first", "next", "then", "last".</p>	<p>Freeze toys cups of water, take them outside and "excavate" them with warm water and toothbrushes.</p>
<p>Go on a nature walk, count the birds that you see, find big and little leaves, fill bags with the things you find and talk about them again later.</p>	<p>Fill a water balloon with water and freeze it . Once you have your frozen wrecking ball, build block towers and help your child demolish them!</p>	<p>Go to the library and check out books about planting seeds or growing plants.</p>	<p>Sing rain themed songs with your child in the shower or when it is actually raining: (e.g., It's Raining It's Pouring, Rain Rain Go Away)</p>
<p>Draw with chalk on the sidewalk or driveway. Talk about shapes, colors, draw imaginative things like castles or train tracks and pretend you are there.</p>	<p>Visit a nature area (e.g., Rock Bridge State Park, Shelter Gardens, Runge Center). Talk about what you see.</p>	<p>Go to the park, help your child count how many swings they take, slides they go down, or bars on the monkey bars. Or, talk about the color of the equipment.</p>	<p>Let your child be in charge of watering a plant. Help them pour the water in each day and talk about how it's growing.</p>
<p>Let your child be in charge of clearing the table after meals. Help them put the dishes in the sink and be positive and encouraging about how they are helping out around the house.</p>	<p>Talk with your child about safety outside, how should it look to be safe on the playground, at the park, on a walk, etc.</p>	<p>Play a game together, (board games, hide and seek, I spy, etc.) talk about turn taking and game actions.</p>	<p>Make JELLO! Then cut out shapes like circles or use cookie cutters to make spring/summer shapes or letters.</p>



June

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Go to the park and talk to your child about all the actions they are doing: sliding, swinging, running, jumping, climbing, hanging, etc.	Collect a variety of your child's favorite toys. Put them in a box, let your child pull them out 1 by 1. Describe the item and its use!	Sort through your closet and talk with your child about which items you wear when it's cold and which you wear when it's hot.	Make sugar cookies! Use cookie cutters to cut out shapes. Talk with your child about all the different shapes and help them sort them onto the cookie sheet.
Cut yellow pictures from magazines and make a yellow collage.	Talk about two things you like about the summer and one thing you don't like about the summer.	Visit a farmer's market or the produce section of the grocery store. Talk about the types of fruits and vegetables you see and all their colors.	Look for worms in your yard or garden. Then, try moving like they move.
Have your child help you sort the laundry into color piles. Talk about the colors and count the number of piles you have at the end.	Fill a basket with blue items from around the house. Label each item and describe what it does.	Go to the library and check out books about swimming and swimming safety.	Pretend you are spending a day at the beach. Talk to your child about what you may see and what you need to take with you, (swimsuit, sunglasses, sunscreen, etc.)
Let your child help you make some packaged drink, such as; Kool-aid. Talk about the actions they are doing such as pouring and stirring.	Use chalk to draw hopscotch on the driveway or sidewalk. Have your child say each number as they jump into the boxes.	Explore "open and closed" with your child, -hands, doors, flower buds, etc.	Talk with your child about outdoor safety, how it should look to be safe at the pool, in the park and the yard.



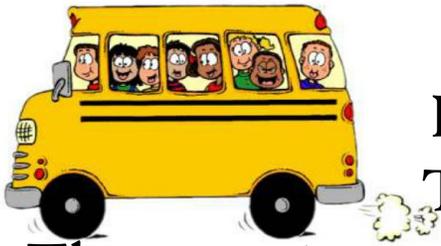
July

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Take a nature walk to a pond. Find the ducks in the pond and talk about the sound they make. Then, quack and waddle around like ducks.	Go to the library and check out a book about the Fourth of July. Talk with your child about the upcoming holiday and things that are associated with it, (fireworks, hot dogs, colors, etc.)	Talk with your child about the action word bouncing. Show them how to bounce a ball and their body.	Talk about matching and have your child help you match and fold socks.
Finger Paint! Draw shapes, letters, and numbers. Have your child request the colors he/she wants.	Have a number 3 Snack; 3 pretzels, 3 squares of cheese, 3 apple slices, etc.	Find faces in magazines or books. Talk with your child about how the person is feeling.	Make a dress up box with different clothing items. Talk about the items and what your child could pretend to be.
Read books together, let your child turn the pages, ask questions about the pictures, what's going to happen, or what happened already.	Roll a ball back and forth with your child using phrases such as go, no go/stop, and more.	Explore sweet and salty foods! Taste test a few with your child and talk about their differences.	Cut red, white and blue pictures from magazines and make a Fourth of July collage.
Play with rice or beans in cookie or cake pans. Draw letters, shapes, or objects in the rice and talk about them.	Play I SPY. Look for things that are a certain color in each room. Try to find at least 3. Talk about those items.	Talk with your child about the action word crawling. Show your child how to crawl and have a crawling race!	With your child, fill a basket with red, blue, and white items from around the house.



August

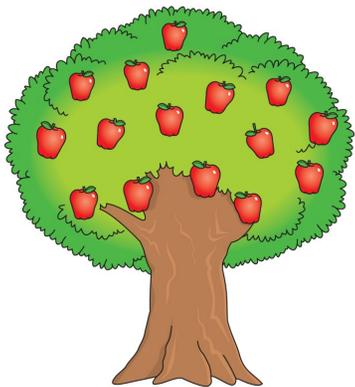
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<p>Talk with your child about times when you feel happy. What makes you happy?</p>	<p>Build towers with different color blocks. Label the colors and number the blocks as you go.</p>	<p>Crawl on the floor and pretend to be different animals. Talk about where they live and what they say.</p>	<p>Talk with your child about the action word jumping. Show your child how to jump and help their toys jump too!</p>
<p>Help your child fill a basket with green items from around the house.</p>	<p>Go to the library and get a book about going back to school.</p>	<p>Have your child name features on their face and your face. Talk about the senses associated with features. Eyes are for seeing Nose is for smelling.</p>	<p>Let your child help put away the silverware. Sort the spoons, forks, and butter knives into the drawer. Talk about what you eat with them.</p>
<p>Make a musical instrument! Fill a paper cup 1/4 full with rice, then tape another cup on top for a music shaker. Talk about the objects you used and shake your new instrument to the rhythm of a song!</p>	<p>Play Hide and Go Seek! Talk about all the prepositions they are doing when you find them: behind the door, under the table, etc.</p>	<p>Discuss with your child things that are dark and things that are light.</p>	<p>Talk with your child about going back to school. Make it a positive conversation talking about all their friends and activities they will get to do.</p>
<p>Name some items for your child and ask them what they do with each one. (e.g., toothbrush, shoe, apple, hammer, pillow, teddy bear).</p>	<p>Talk about the seasons changing from summer to fall. Talk with your child about things they may see in the fall that they wouldn't see in the summer.</p>	<p>Have a number 5 snack, 5 crackers, 5 squares of cheese, 5 grapes, etc</p>	<p>Sing songs with your preschooler. Whether it be nursery rhymes or common songs! While you sing, dance around</p>



September

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Discuss with your child things that are squares and things that are circles.	Talk about different categories. Talk about items that are toys, foods, and clothes.	Make something with your child. Let them help you shop, prep, and cook. Talk about all the utensils and ingredients.	Sensory exploration! Play with different foods.
Play Simon says with your child. Use a variety of actions: clap your hands, jump, touch your — (body part), wave, turn around, etc.	Play Hide-N-Seek. Talk to your child about all the prepositions they are doing: in, on, under, over, behind, in front of, etc.	Let your child help you set the table for dinner. Be sure you label all the items and talk about what you eat with that item (i.e., spoon for soup).	Name some items for your child and have them go find it (e.g., toothbrush, shoe, apple, pillow, teddy bear). Then talk about what you do with it.
Play a game together, (board games, hide and seek, I spy, etc.) talk about turn taking and game actions.	Talk about different food textures and taste them. Find things to try that are crunchy, chewy, salty, sweet, sour, soft, hard, etc.	Go find a variety of leaves. Use crayons to rub the leaves on the paper. Talk about the leaf under the paper and the colors you are making the leaves.	Ask your child to name things that are: Yellow (banana), blue (sky), red (apple), orange (crayon), etc.
Go to the library and get a book about apples, fall, or leaves!	Have a number 4 snack: 4 pretzels, 4 squares of cheese, 4 carrots, etc.	Watch your child's favorite show. Talk about the emotions of the characters. Are they happy or sad? Why do they feel that way?	Play with rice or beans in cookie or cake pans. Draw letters, shapes, or objects in the rice and talk about them.



October

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<p>Visit a pumpkin patch with your child and talk about the different items there (corn, pumpkin, maze, patch, scarecrow)</p>	<p>Visit the library and read books about fall.</p>	<p>Use dried corn to paint pictures. Place a glob of paint on a piece of paper and then roll out the colors with corn cobs. You can use more than one color and talk about the color mixing and textures.</p>	<p>Go on a nature walk, collect leaves, sticks, pinecones, acorns, etc. Put them in a box and talk about them. When you are done glue them on paper to make a collage.</p>
<p>Have your child help you sort out the summer clothes from the closet and replace them with winter clothes. Talk about how the weather is changing.</p>	<p>As you run errands with your child, talk about all the extra items in stores that are only found their in the fall. (e.g., pumpkins, candy corn, Indian corn, scarecrows etc.).</p>	<p>Carve/Decorate pumpkins! Be sure to talk about all the fun verbs (stick, cut, carve, scoop) and fun adjectives (sticky, goopy, gross, wet, orange, squishy)</p>	<p>Make orange jello jigglers and cut out fall shapes in them. (leaves, pumpkins, triangles).</p>
<p>Play “scarecrow tag” with some friends. One player is “it” and chases the others, when a kid is tagged he becomes a scarecrow and has to stand still. If another kid runs by and gets tagged by a scarecrow he also becomes a scarecrow. Be sure to designate a playing area that is not to big! Last player not a scarecrow wins and is “it” next.</p>	<p>Rake leaves in the yard and have fun rolling, jumping and throwing!</p>	<p>Make applesauce together. Collect apples, blend them in the blender with some water, cinnamon, brown sugar.</p>	<p>Try and list as many things as you can that are orange. Go back and forth with your child until neither of you can think of another item then switch colors.</p>
<p>Build a fire and make smores! You can also make smores by heating marshmallows up in the microwave for a few seconds. You will need graham crackers, and chocolate too!</p>	<p>Collect beautiful fall leaves and preserve them between two sheets of contact paper (lamination). You can then use them for crayon rubbings or decoration around the house.</p>	<p>Find your favorite pumpkin pie recipe and make pumpkin pie with your child. Help them scoop, pour, and mix. Be sure to talk about those verbs and demonstrate.</p>	<p>Save the seeds from your pumpkin carvings. Wash them and bake them with some seasoning salt. You can also glue them to paper, or place some in a zip lock bag with a wet paper towel to try and grow a pumpkin plant.</p>



November

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<p>Go on a leaf hunt. Collect leaves and tape or glue them to make a collage.</p>	<p>Encourage pre-literacy skills and print awareness by turning the closed captioning on when your child watches TV or youtube</p>	<p>Use leaves to make crayon rubbings. Put leaves between two pieces of contact paper and then place them under paper. Rub a crayon across where the leaf is to reveal the leaf rubbing.</p>	<p>Make pumpkin pie together. Talk about all the actions you are doing: mix, stir, dump, sprinkle, bake, kneed, roll, squish. You can also talk about all the different smells.</p>
<p>Visit the Runge Nature Center in Jefferson City and use the binoculars to try and see wild turkeys out their viewing window. There are also exhibits and other animals to see and talk about.</p>	<p>Get out the photo albums and talk about the people who you may see soon for holidays. Talk about holiday traditions and stories from past holidays.</p>	<p>Talk about stranger safety with your child: Who is allowed to pick your child up from school? Who is allowed to kiss your child? Use pictures if necessary.</p>	<p>Read a book with your child and ask questions using what, who, where, when, why.</p>
<p>Talk about different food textures and taste them. Find things to try that are crunchy, chewy, salty, sweet, sour, soft, hard, etc.</p>	<p>Go to the library and get a book about winter.</p>	<p>Build a snowman with your child: talk about adjective words like “big”, “small”, “round”, “wet”, “cold” etc.</p>	<p>Make sock puppets and tell simple routines or stories with them. Try making a puppet for each member of the family and role play routine activities.</p>
<p>Gather socks and/or wadded paper and have a snowball fight!</p>	<p>Let your child help you set the table for dinner. Be sure you label all the items and talk about what you eat with that item (i.e., spoon for soup).</p>	<p>Play a game together, (board games, hide and seek, I spy, etc.) talk about turn taking and game actions.</p>	<p>Bring some snow inside in buckets. Talk about hot/cold, melting/freezing. Paint or mold it into shapes.</p>



December

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Try to do at least half of the boxes over break.

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Go to the library and read some books about holidays!	Name 5 things that you need in winter but not in the summer. Find these items in your house.	Have an indoor snowball fight! Wad up lots of paper, make little forts, and throw 'snowballs' at each other.	Bake your favorite cookie with your preschooler's help!
Look through family photos and talk about who you'll see for the holidays. If you don't see them, mail them cards.	Make your own snowflakes! Use any materials you want to make paper snowflakes!	Make Rice Krispie treats! Use cookie cutters to make them into holiday shapes (snowman, snowflakes, or trees).	Let your preschooler help with the laundry. Talk about winter and summer clothes.
Make a band! Find the wooden spoons and empty buckets, bells and whistles, and anything else you can find.	Build a fort! Bring your pillows and blankets, cover your couch or table! Don't forget the flashlights!	Bring some snow inside in buckets. Talk about hot/cold, melting/freezing. Paint or mold it into shapes.	Go for a drive/walk and look at all the holiday decorations! Talk about what you see.
Find some holiday stickers and let your kiddo decorate some solid wrapped presents with stickers!	Sing holiday songs or read a holiday book. Talk about what it was about and the items in it.	Play in the snow! Build a snowman. Make snow angels. Have a snowball fight.	I Spy! Walk around your house Have your kid spy items that are a certain color, shape, or a speech sound.