

Related Services Summer Activity Menus



Speech/Language Activity Menu - Elementary

<p>Take a nature walk outside. Tell 3 things about what you see and use your very best speech!</p>	<p>Go on a sound hunt! Read or listen to a book and find words that have your target sound. Practice them!</p>	<p>If you could have any snack in the whole world, what would it be? Describe it, draw it, & make it if you can!</p>	<p>Talk about somewhere you would like to visit. Be sure to use your good sounds!</p>	<p>Make lemonade or Kool-aid with an adult. Tell someone what all the steps were in order.</p>
<p>Sort groceries based on where they go - fridge, freezer, pantry</p>	<p>Describe an ice cream cone (color, parts, function, etc.) then eat!</p>	<p>Make a hand puppet out of an old sock or paper bag. Use your puppet to tell about your favorite tv show, movie, or book.</p>	<p>Go to this link and watch a video! https://peachiespeechie.com/pages/peachie-speechie-videos</p>	<p>Go outside and find a few flowers or plants you like. Describe each one using three descriptive words! (color, shape, texture, length, smell, etc.)</p>
<p>Tell someone about your favorite movie!</p>	<p>How are a watch and a clock the same? How are they different?</p>	<p>Find, name, describe, and compare 2 bugs you see outside. Which bug is your favorite? Why?</p>	<p>Name as many objects as you can that have wheels.</p>	<p>Make a kite using sticks, plastic bag or paper and string. Decorate your kite and describe it to a parent. Can you fly your kite? How high will it go?</p>
<p>At lunch today, build your favorite sandwich. Tell someone how to make one just like it.</p>	<p>Have your child take a stuffed animal along with them for the day. Discuss what adventures they both had. Great way to work on past tense verbs and pronouns.</p>	<p>Gather sticks, leaves, flowers, etc. Make a collage using these. Use your good speech to describe your picture.</p>	<p>Draw Your Sound Challenge! Think of 10 words that have your target sound in them and draw them on paper/ using sidewalk chalk/ dry erase board, etc.</p>	<p>Go on a treasure hunt! Take turns hiding objects around the house. Use descriptive vocabulary, location concepts, and giving/following directions.</p>



Speech/Language Activity Menu - Middle/High

Watch a 5 to 10 minute Ted Talk video (parent approved). Write a 2 to 3 sentence summary of the video.	Think about a movie you have seen recently. Tell 1 thing you would have changed in the movie and why.	Read a short story or magazine article. Tell a parent/friend 2 details from the story or article.	Research a career you may be interested in. Write 2 to 3 sentences about the career and share with a parent/friend.	Find an unknown vocabulary word while reading and look up the definition, find a synonym, and find the antonym.
Call or video chat with a family member or peer and focus on maintaining topic during conversation.	Discuss the daily weather report and plan clothing items according to the forecast.	Using grocery ads, plan a snack or meal and describe the items. Total the item prices.	Go on a virtual field trip to a museum, theme park, or zoo. Write 2-3 sentences about your experiences.	Play UNO or Go Fish with a friend or family member. Use appropriate grammar while playing.
Help family members plan the weekly menu and make a grocery list. Discuss and describe needed items.	Take pictures of your favorite things in Knoxville and make a scrapbook. Share your book with a peer or adult.	Research your favorite athlete or sports team. Write 2-3 sentences about it.	Write a story about your school mascot.	Use your past tense verbs, keep a diary and write down 5-6 things you did each day.
Listen to a podcast (6 minute podcast is a great one!) and tell someone about a character/event that took place.	Plant flowers or herbs and discuss tools needed. Tell how the plants change throughout the summer.	Review a book you read in ELA last year. Create your own graphic novel to go along with it.	Make an art or craft you find on Pinterest, then explain to a friend how you did it. Teach your friend how to do it.	Tell your friend or parent about a movie or TV show you have seen, use past tense verbs and recall 5-6 details from what you saw.



Social Skills Activity Menu

When asked to do something you don't want to do, take a deep breath and say 'ok' or 'sure'.	"Adopt a grandparent" at a nursing home and videochat regularly.	Encourage drawing how you feel and then telling about your drawing.	With your family around the table take turns giving compliments to each member.	Show some kindness by giving someone a high five, compliment, or helping out.
Practice introducing yourself and saying 3 things about yourself to a line up of stuffed animals or toy figurines.	Discuss why brushing teeth and bathing (good hygiene) are important when around friends.	Practice decision making by asking "Would you rather..." questions with 2 options or more.	Say "please", "thank you", "Yes Mam /sir", and "no mam/sir" for the whole day	Develop a secret hand shake with a family member or friend.
Write letters of gratitude to community helpers.	Have a staring contest to work on making and sustaining good eye contact.	Discuss Idioms and what their alternative meanings are, such as "That's a piece of cake". Check out idiomsite.com	Play Simon Says with emotion words and facial expressions.	Learn to make a business call. Practice ordering a pizza with a parent. Then try it out for real by calling a local pizza place.
Play "emotion charades": figure out how I am feeling based on what my face looks like.	Practice self control by allowing the popping of bubbles or sitting still and watching where they blow away.	Make up a story on a given topic. Add a sentence at a time, alternating turns, to develop a story.	Teach empathy: Ask how someone might feel if given scenarios happen: dropped their lunch tray, fell and tripped in front of a crowd, forgot their backpack or homework, etc.	Conversation basketball! Player 1 says a comment & tosses conversation by asking a question. Player 2 answers the question, "dribbles" by adding a few comments & passes conversation back with a different question.



Fine Motor Activity Menu

<p>Draw letters on a sidewalk, porch, or driveway using water and a paintbrush.</p>	<p>Take inventory- see if there are lids to match all the containers in the cabinet, then organize them by size and shape.</p>	<p>BUILD SOMETHING and see if someone in your family can copy it. See if you can copy their design.</p>	<p>Lace noodles, beads or cheerios on a pipe cleaner or string.</p>	<p>Make the letters of the alphabet Tear tissue paper into small pieces and glue to letters.</p>
<p>Hold 4-5 pennies at a time in one hand and transfer them into a piggy bank or cut-out slot one at a time without dropping them.</p>	<p>Peel stickers and make a picture with them.</p>	<p>Help in the kitchen with sorting, spreading, measuring, pouring.</p>	<p>Use a turkey baster or other squirter to puff air and race cotton balls across and off the table.</p>	<p>Tear junk mail into strips, use them for a craft or ball them up and use the trash can for target practice.</p>
<p>Make a necklace and bracelet by linking paper clips or lacing beads or cereal.</p>	<p>Practice cutting with "elbows in" and "thumb up" position to cut playdoh, plastic straws, toilet paper rolls, construction paper with straight/ curvey/ jagged bolded lines.</p>	<p>Use a push pin and a paper on top of a drawing you like to copy a design, then hold it up to a light or window and see if someone can guess what it is.</p>	<p>Paint with Q-tips or short paintbrush with the paper taped to the wall at shoulder level or laying on stomach of floor level.</p>	<p>Pull cotton balls apart, color them with markers, then glue them on construction paper to create a colorful picture.</p>
<p>Place rubberbands around a cup, a pine cone or a 6" cut pool noodle and then remove.</p>	<p>Place tape around each fingertip-sticky side out- and pick up small, light items (sequins, glitter) from a flat surface using one finger at a time.</p>	<p>Hole punch favorite picture. Put on cardboard.. Lace with yarn. Use tape on the lacing end</p>	<p>Sort socks and fold them together.</p>	<p>Magic Molly on youtube .. Learn to tie your shoes</p>



Writing Practice Activity Menu

<p>The way to make sure you your muscles remember efficient "AUTOMATIC" formations -- See how well your fingers do making them with your eyes closed!</p>	<p>Go on a scavenger hunt and write a sentence describing where you found each item. *bird *smooth rock *leaf *colorful flower *screw driver *remote control *candle *spoon/fork *favorite book</p>	<p>Remember that c is MAGIC because e it can turn into other "magic c" letters (a, d, g, o, q) if you don't pick up your pencil.</p>	<p>Practice in the air, in the sand, in shaving cream, on your palm, on someone's back... until you can do it AUTOMATICALLY when someone calls out a letter.</p>
<p>Remember Diver Letters (r, n, m, p, h, b) go "Down, Up and Over!" (without picking up your pencil).</p>	<p>Write about what you could change at your school for the better. What all would you change and how?</p>	<p>Draw a picture of an animal with four legs - one each week and write a word or 3 sentences about the place where they live</p>	<p>Write caregiver/parent a thank you letter listing 5 things they do that make you smile.</p>
<p>Tape a coloring sheet to the wall at shoulder level and color it while standing.</p>	<p>Complete and follow along with a "Learn to Draw for Kids" Youtube.com video. learn to draw ice cream</p>	<p>Make a list of items needed to survive in the wilderness or a camping trip for 10 days.</p>	<p>Write a word for each letter of the alphabet.</p>
<p>Fold a paper into 8 squares and create a personal cartoon titled "This summer I ..."</p>	<p>Make a weekly menu for your whole family- remember to keep a balanced diet, selecting food from all food groups</p>	<p>Write about your favorite superhero and how he, she or it saved the day!</p>	<p>Write one sentence a day using one adjective to describe your feeling.</p>



Gross Motor/Movement Activity Menu

<p>Animal moves: bear walks, crab walk, frog jumps, snake slithers, bird flaps, caterpillar crawl, kangaroo jumps.</p>	<p>Lay on belly and fly like superman. Hold up to 20 seconds or 10 up and downs.</p>	<p>Lie on back and hold your legs and lean head towards into chest like a cocoon. Hold up to 20 seconds each time.</p>	<p>Build an obstacle course climb under chairs, over pillows. Over-under-over-under</p>	<p>Make up a dance routine to a favorite song. Make sure to jump high and squat low.</p>
<p>Play red light, green light running, walking fast, jumping, crawling or rolling.</p>	<p>Form a ball from newspapers or paper and shoot baskets at a laundry basket</p>	<p>The floor is lava! Spread pillows or couch cushions around the floor. Leap from pillow to pillow to avoid the lava (floor).</p>	<p>Bounce a balloon in the air with your hands. See how many bounces you can do before the balloon touches the ground</p>	<p>Draw a line with chalk (or use a jumprope laying in a line on the ground). Jump over the line forwards, backwards, and sideways with your eyes open. Then try with your eyes closed.</p>
<p>Using a balloon, pass it back and forth between 2-3 people and count how many times you can pass it without it dropping to the floor. Practice each day and increase passes setting a new record each day!!</p>	<p>Parent/siblings and child take turns blowing bubbles into the air overhead then pop as many as you can before the bubbles burst on the floor.</p>	<p>Create a pose then name it after yourself! Make sure to include your entire body in the pose: head, arms, body, and legs. Siblings or parents can also create their own poses and name them. Practice holding each different pose for 10 seconds.</p>	<p>Using a soccer or similar ball, see how many times you can gently kick the ball in a row; how many times you can pass it between parent/siblings and child.</p>	<p>Sing the “Head and shoulders knee and toes” song and include the movements as you sing. Repeat and go faster this time. Repeat and go as fast as you can!</p>
<p>Roll like a log and “bowl” over empty soda bottles</p>	<p>Line up pool noodles spaced out and jump over them</p>	<p>Make a paddle with a paper plate and ruler; bat a balloon back and forth with a friend</p>	<p>If internet access, go to the Go Noodle website, select a song, and have fun doing the motions with the entertaining folks.</p>	<p>Play hopscotch using colored squares or chalk.</p>



Sensory/Self-Regulation Activity Menu

<p>Empty containers and water ...dump and play!</p>	<p>Help carry groceries in from the car and put them away.</p>	<p>Laundry Helper! Dump warm towels out of the dryer on to the bed, snuggle up in them, then help fold them.</p>	<p>Find leaves and other items in the yard. Place them under a piece of paper to make crayon rubbings.</p>	<p>Try a free mindfulness app!</p>
<p>Help vacuum the house, wear headphones if too loud. Use a spray water bottle on tile and swiff up a taped area or contained area. Wring out a cloth with water.</p>	<p>Try a Go Noodle, Cosmic Yoga or similar video for exercise. cosmic kids yoga Mindful and relaxing yoga Yoga for Kids w/Animals 4 min</p>	<p>Visit for sensory activities https://kpop.ukp.io/register?is_educator=1&view=120&redirect=%2Fdashboard%2Fkpu%2Fcategories%2Fdance-high-energy%3Fwatching%3D120%26wvideo%3D6fiihrppg4</p>	<p>Create a quiet corner using a soft seat, blanket, bean bag, stuffed animal, etc. Use the area for quiet things such as looking at books/reading, listening to peaceful music, working on puzzles, finding your “calm”.</p>	<p>Dig in the dirt, plant flowers, start a garden.</p>
<p>Carry a bucket of water across a distance to water the flowers and/or grass.</p>	<p>Clean table tops, baseboards and windows. Scrub!</p>	<p>Find buried treasures (erasers, coins, small toys) in a bin of sand, beans, water or rice.</p>	<p>Write shapes, letters, numbers with shaving cream or whipped cream.</p>	<p>Get wrapped up in a yoga mat or blanket like a burrito with your head sticking out and not covered.</p>
<p>Push a laundry basket filled with books and “deliver” them.</p>	<p>Make a play sensory kitchen: bowls with dry rice, beans and peas in empty plastic containers to pour and mix.</p>	<p>Place tape on a window or table in horizontal, slanted and vertical lines then pull off in various lengths for range of motion.</p>	<p>Spin 5 times around in a safe space and then complete 5 pushups. Complete 5 sets.</p>	<p>Play “I spy” while swinging.</p>



Vision Activity Menu


<p>Practice giving directions visually and verbally for a simple task such as a tour of your home or how to find an item in your kitchen.</p>	<p>Follow a picture recipe on the back of a cake box (use your magnifier or have your parent read the directions) and bake a cake.</p>	<p>Listen to a story -on Bookshare, a tablet, computer, or one that is read to you. Then retell or rewrite the story with a new ending.</p>	<p>If you were to have one wish what would it be? Write a story about your wish.</p>	<p>Label your drawers, toy shelf, etc.</p>
<p>Sort coins by feel only: Dimes & quarters have ridges, pennies & nickels do not. Add the coins in each group, how much money do you have in each group.</p>	<p>Help empty the dishwasher by sorting the silverware and utensils.</p>	<p>Use your magnifier to look at paper money. You will find all sorts of interesting things.</p>	<p>Use your magnifier to read the ingredients of a new recipe or an old favorite. You could even make it!</p>	<p>Read the labels on the items in your pantry with your magnifier or braille labels, then sort them into food categories (fruit, vegetable, etc)</p>
<p>Make a telephone with 2 cans or plastic cups, and string. Stretch it out and talk to your family.</p>	<p>Make an obstacle course and compete with your family to see who can go through it successfully in the least time.</p>	<p>Partner Game - Play I Spy using a monocular outside or looking through a window.</p>	<p>Practice folding paper money: \$1.00 are flat, \$5's are folded to be fat and wide, \$10's are long and thin, \$20's are folded like a ten and folded again.</p>	<p>Fill baggies quart size with rice and toss them into a laundry basket from 6 feet. For an auditory target, place a radio in the basket. Compete with your family</p>
<p>Make a piggy bank from a bottle.</p>	<p>Fill glasses with different amounts of water and use a spoon to tap the glasses - turn on the radio and play along with the beat.</p>	<p>Measure using a ruler or a string: your couch, tables, your feet, all sorts of things.</p>	<p>Check out the EDA PLAY TOBY app free on iTunes App Store or Google Play! Available on iPad or Android tablets with at least 7" display.</p>	<p>Dump out the laundry basket. Sort clothes in many different ways! By shape, texture, size, function, etc.</p>



Hearing and Listening Activity Menu

<p>Have a basket/box full of items, sit at a distance from your child and request specific items, changing your distance with each item. See how many they get right. You can also add some radio noise to make it more challenging.</p>	<p>Have a box/basket of items and have your child use adjectives to describe each object. OR You or a sibling describe the object and see if your child can use those words to find/name the correct object. Good for receptive and expressive skills.</p>	<p>Using puppets or animal toys, go on one side of the couch and put your child on the other. Have them listen for the animal sound, and see if they can identify it. Then switch and let your child make the sounds while you or a sibling guesses.</p>	<p>Go on a nature walk outside and make a list of the different things you heard. I heard _____ I heard _____ I heard _____</p>	<p>Try these 8 ideas: Do You Hear What I Hear?: 8 Activities to Improve Listening Skills</p>
<p>Older kiddos, have a parent or sibling tell you something (a silly sentence or a list) and try to repeat every word they said. This works on auditory memory skills.</p>	<p>Visit https://thelisteningroom.com/home?utm_source=phonak.com&utm_medium=wide-teaser&utm_campaign=phonak-b2c for some fun activities!</p>	<p>Older kiddos, watch your favorite TV show or movie and summarize it for your parents or siblings.</p> <p>Or, practice reading captions on your favorite TV shows.</p>	<p>When in a restaurant, you will hear many different voices, see if you can focus in on specific voices, figure out if the person speaking is a man, woman, child, tell someone at your table what the person said.</p>	<p>Ask your child to listen carefully to statements you make. If it's a nice statement, they say hurrah! If it's not so nice, they say boo. Ex: Do you like to eat ice cream? – hurrah! Do you like to go to bed early? Boo</p>
<p>Play Simon says . . .</p> <p><i>Most of these activities can be signed too!</i></p>	<p>Play math facts at varying distances and on occasions no visual cues. Always wearing hearing aids.</p>	<p>Give your child a coloring page, stand behind them and tell the what items you want colored what. Also varying the distance and wearing hearing aids.</p>	<p>Using index cards practice finger spelling to each other using spelling words for school. Then sign the words to each other and spell back. Can voice as well.</p>	<p>Play "I spy" while driving in the car, on vacation or in the house, providing visual cues and taking visual cues away. Vary the distance, if you can, as well, with aids.</p>





Your KCS Related Services family encourages you to:

- **Read, read, read!**
- *Write a letter to a loved one living away*
- **Cook something together following directions and encouraging independence**
- *Take a walk in nature and describe what you see*
- **Play a board game**
- *Look through family pictures and share stories*
- **Build something with legos, blocks, boxes, pillows, or cups**
- *Go outside and play!*

These are all wonderful, natural ways to build speech and language, motor, listening and social skills. What a special gift of time to make connections with your kids! 😊