

September  
Everyday Items

Object - Flashlight



- Explore colored tissue paper over a flashlight
- Shine the flashlight on the wall and make shadow puppets
- Play "I spy" in a dark room. Can you find the secret item with the flashlight. (I spy something you read - books)
- Read a book in a tent/fort using a flashlight
- Shine the flashlight on the floor. Jump over the light without getting tagged
- Other:

Food - Apples



- Explore apples whole vs. cut in half
- Cut in wedges and pull the seeds out using tweezers
- Compare different colors of apples
- Have an apple taste test. Which do you like best?
- Make apple chips. Slice thinly, sprinkle with cinnamon and bake at 200 degrees for 2-3 hours.
- Peel apples with a vegetable peeler
- Other:

Nature - Sand



- Explore wet vs. dry sand with hands and feet
- Dig in sand with shovels, sticks, rakes, shells...
- Make roads and play with vehicles in the sand
- Bury dog bones and have a dinosaur excavation
- Make a sand castle using wet sand
- Set up a bake shop and make mud pies
- Make colored sand by adding grated colored chalk
- Other:

\* Please remember to use items safely and responsibly.

Notes:

# Everyday Items for Speech Therapy

# Speech & Language

Early Intervention / Pre-K/Complex Communication Needs

## 36 Everyday Items To develop Speech and Language



Speech and Language  
Information, Worksheets and Handouts for Parents





































Lia Kurtin M.S., CCC-SLP  
Speech-Language Pathologist

Speech and Language  
**at Home**

# 36 Everyday Items To develop Speech & Language

- |  |                                       |                                     |
|--|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Mirror          | <input type="checkbox"/> Banana       | <input type="checkbox"/> Rocks      |
| <input type="checkbox"/> Photo Album     | <input type="checkbox"/> Yogurt       | <input type="checkbox"/> Snow       |
| <input type="checkbox"/> Foam Brush      | <input type="checkbox"/> Carrot       | <input type="checkbox"/> Feather    |
| <input type="checkbox"/> Paper Tube      | <input type="checkbox"/> Avocado      | <input type="checkbox"/> Wind (fan) |
| <input type="checkbox"/> Plastic Bowl    | <input type="checkbox"/> Blueberries  | <input type="checkbox"/> Flowers    |
| <input type="checkbox"/> Old Electronics | <input type="checkbox"/> Strawberries | <input type="checkbox"/> Grass      |
| <input type="checkbox"/> Straws          | <input type="checkbox"/> Watermelon   | <input type="checkbox"/> Water      |
| <input type="checkbox"/> Bubble Wrap     | <input type="checkbox"/> Corn         | <input type="checkbox"/> Shells     |
| <input type="checkbox"/> Flashlight      | <input type="checkbox"/> Apple        | <input type="checkbox"/> Sand       |
| <input type="checkbox"/> Junk Mail       | <input type="checkbox"/> Pumpkin      | <input type="checkbox"/> Leaves     |
| <input type="checkbox"/> Paper Plates    | <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> Sticks     |
| <input type="checkbox"/> Tape            | <input type="checkbox"/> Spaghetti    | <input type="checkbox"/> Pinecones  |

# 36 Everyday Items to develop *Speech & Language*

					
Mirror	Photo Album	Foam Brush	Paper Tube	Plastic Bowl	Old Electronics
					
Straws	Bubble Wrap	Flashlight	Junk Mail	Paper Plates	Tape
					
Banana	Yogurt	Carrot	Avocado	Blueberries	Strawberries
					
Watermelon	Corn	Apple	Pumpkin	Sweet Potato	Spaghetti
					
Rocks	Snow	Feather	Wind (fan)	Flowers	Grass
					
Water	Shells	Sand	Leaves	Sticks	Pinecones



# Everyday Items

## Object - Mirror



- Child reaches for themselves in mirror
- Explore reflections of lights (flashlight)
- Make silly faces together
- Play dress-up in front of mirror
- Lay mirror flat on ground or table as a play surface. Explore reflections of soft objects (pom poms) or small toys
- Draw on mirror with dry erase marker
- Other:

## Food - Banana



- Explore shape and texture of banana with and without peel
- Mash banana in a plastic bag to squish
- Close your eyes, smell a banana. Can you guess what it is?
- Practice peeling banana
- Practice cutting banana with butter knife
- Pretend to feed a banana to stuffed animal
- Pretend banana is a telephone
- Other:

## Nature - Rocks



- Explore shape and texture of rocks
- Container play. Put small rocks in a bucket or other container
- Stack rocks like blocks
- Compare weight. Hold rock in one hand and another object in the other
- Draw faces or animals on rocks with markers
- Set up large rocks as stepping stones for an obstacle course
- Other:

\* Please remember to use items safely and with adult supervision.

Notes:

# Everyday Items

## Object - Photos



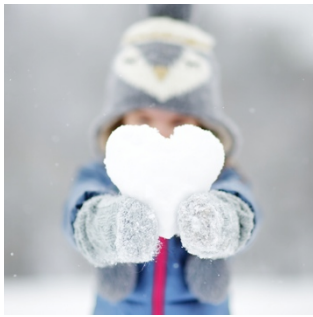
- Practice turning pages of photo album
- Name people. Point to photos of family and say "Look, Mom"
- Imitate sounds/words "Mom" "Dad" "Me"
- Identifies actions in photos. Who is eating?
- Answers simple Wh question. Who is this? What is she doing?
- Uses pictures a visual support to retell personal event. Tell me about your birthday.
- Other:

## Food - Yogurt



- Explores taste and texture of yogurt
- Cover eyes and smell explore different flavors of yogurt
- Add food coloring and use as finger paint
- Freeze teaspoon sized drops on wax paper to make frozen yogurt drops. Talk about cold
- Put yogurt in a Ziploc bag. Use your finger to draw shapes
- Make silly putty. 1 cup yogurt +  $\frac{3}{4}$  cup corn starch
- Other:

## Nature - Snow



- Explore the feeling of cold snow (hands, feet, tongue...)
- Scoop and dump snow with small shovel or spoon
- Drop water on snow and watch it melt
- Shape and stack snowballs to make a snowman
- Fill cookie cutters with snow to make shapes
- Throw snowballs at a target
- Smash snowballs with your feet
- Other:

\* Please remember to use items safely and with adult supervision.

Notes:

# Everyday Items

## Object - Foam Brush



- Explore the shape and texture of foam brush (not for biters)
- Use a dry brush to tap body parts "Where's your knee?"
- Use paintbrush as a tool to pop bubbles
- Dip brush in water and paint outside on the sidewalk
- Use a wet brush to erase chalk lines on sidewalk
- Use a wet brush to wash dirty toys outside
- Other:

## Food - Carrots



- Explore raw vs. baked carrots
- Put cooked carrots in a plastic bag to pinch and squish
- Cut carrot into sticks. Stack them like logs and make a house
- Use real carrots in play kitchen
- Slice carrots in circles and make a design
- Use a carrot as a tool to dig in sandbox. Bury it and pull it up.
- Practice peeling carrots
- Other:

## Nature - Feathers



- Explore the feeling and texture of feathers
- Be silly. Pretend to sleep and tickle each other awake
- Close your eyes. Can you feel where the feather is tickling you? My cheek!
- Use feather to follow directions. Tell child, tickle my nose.
- Blow the feather across the table.
- Glue on strip of paper and make a crown
- Other:

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Notes:

April

## Everyday Items

### Object - Paper Tube



- Explore shape and texture of paper tubes
- Sing through one like a microphone
- Roll cars or pom poms through it
- Cut into sections like beads and string on yarn
- Draw animals or people on them to make figures
- Stand a group of tubes upright and knock down with a ball
- Dip end in paint and use as a stamp
- Other:

### Food - Avocado



- Explore the shape and texture of whole avocado
- Place mashed avocado on plate and explore with hands
- Wash the pit and roll on tray
- Make art. Cut in half, dip in paint and use as a stamp
- Use a knife to spread avocado on toast. Taste it.
- Suspend the pit in water with toothpicks to regrow plant
- Use 1/2 the peel as a boat to float in water
- Other:

### Nature - Wind (fan)



- Take a walk on a windy day (sensory experience)
- Throw leaves up in the air and watch them fly
- Put your face in front of a fan and make silly noises
- Use a fan to blow a cotton ball across the table
- Use a fan to move a balloon or feather through the air
- Use a fan to move drops of colored water across a tray
- Practice saying On/Off to turn fan on and off
- Other:

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Notes:



May

# Everyday Items

## Object - Plastic Bowl



- Bowl and spoon - pretend to stir
- Bowl and spoon - use as a drum
- Use small bowls in the bathtub to pour/scoop water
- Use a large spoon to scoop balls, plastic eggs, or pom poms out of a bowl.
- Add variety of objects to a bowl filled with water to see what will sink or float.
- Other:

## Food - Blueberries



- Explore shape and texture of blueberries
- Freeze some, warm some and keep some at room temperature. Talk about how they feel.
- Make designs with blueberries on a plate
- Use a spoon to transfer blueberries from one bowl to another
- Mash or pierce with fork. How many can you pick up?
- Slide onto wooden kebab sticks to make a snack
- Other:

## Nature - Flowers



- Explore texture of flowers
- Cover eyes and smell different flowers
- Use pinching fingers to pull petals off
- Dip in water and paint with them on the sidewalk
- Weave stems together to make a flower crown
- Press flowers flat between wax paper then heat to seal and hang in a window
- Other:

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Notes:

# Everyday Items

## Object - Old Electronics



- Explore pressing buttons on old electronics
- Imitate actions such as typing and talking on phone
- Practice getting little kids to use their voice by pretending to talk on the phone
- Use old electronics during pretend play
- Preschool kids can practice finding letter of their name on the keyboards
- Other:

## Food - Strawberries



- Explore shape and texture of strawberries
- Container play. Fill each section of an egg carton with a strawberry
- Cut large, medium and small strawberries in half and match halves together
- Cut in slices and make designs with them on a plate
- Use a toothpick to pick out seeds
- Other:

## Nature - Grass



- Take a walk outside in the grass in bare feet
- Look for small critters who live in the grass
- Use pinching fingers to pull up pieces of grass
- Practice cutting skills. Use plastic scissors to trim grass
- Play with toy animals outside in the grass. Make them homes
- Grow your own grass in containers from seed
- Other:

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Notes:

# Everyday Items

## Object - Drinking Straws



- Cut straws in 1 inch pieces, add to plastic bottle to make a rattle
- Use pincher fingers to pick up cut pieces of straws and drop into a bottle
- Blow a cotton ball into a goal using a straw
- Make abstract art by blowing paint with a straw
- Cut them. Use safe scissors to practice cutting skills
- Other:

## Food - Watermelon



- Explore whole vs. cut watermelon
- Roll a whole watermelon back and forth. Feel how heavy it is
- Use your fingers to pick the seeds out of slices
- Use a melon baller to scoop out watermelon balls
- Use a cookie cutter to make shapes out of watermelon slices
- Squish seeds in a Ziploc bag filled with water or clear hair gel
- Make a boat from 1/2 an emptied watermelon rind
- Other:

## Nature - Water



- Paint the sidewalk using a spray bottle filled with water
- Squeeze and spray water using a turkey baster
- Make water colors using ice cubes colored with food coloring
- Use water to paint on construction paper
- Make a water play center outside in a large tub or baby pool. Add small containers, items that sink and float, plastic animals
- Jump in puddles and make footprints
- Other:

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Notes:

# Everyday Items

## Object - Bubble Wrap



- Explore the texture of bubble wrap
- Squeeze bubbles to pop with your fingers
- Stomp on bubble wrap to pop with your feet
- Use tools such as blocks or rolling pin to pop bubbles
- Tape around a block and dip in paint to make patterns
- Float animals on bubble wrap rafts
- Drive cars and vehicles over bubble wrap
- Other:

## Food - Corn



- Explore corn in husk, on the cob and cooked kernels
- Fill a container with popcorn kernels to make a rattle
- Peel husk off corn cob
- Squish cooked corn in a Ziploc bag
- Hide objects in a container filled with popcorn
- Fill a glass jar with 2 cups of water, add tablespoons of vinegar and baking soda. Add popcorn kernels and watch them bob up and down.

## Nature - Shells



- Explore shape and texture of shells
- Put shells and other objects in a pillow case. Can you find the shells? Guess what else is in the bag
- Give the shells a bath with soapy water and a toothbrush
- Stack shells like blocks. Can you balance them?
- Put paper over the shells and do a rubbing with crayons
- Use them as tools to play with play dough
- Other:

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## Everyday Items

### Object - Junk Mail



- Container play. Put pieces of paper in and out of envelopes
- Cut slots in cardboard box to deliver mail into
- Follow directions. Give this letter to dad
- Cut up advertisements to make collages
- Practice cutting mail using child safe scissors
- Play mailman and deliver mail to your stuffed animals
- Make a book of foods you like using grocery fliers/coupons
- Other:

### Food - Pumpkin



- Decorate pumpkins with stickers
- Put pumpkins in soapy water and give them a bath
- Explore a pumpkin by carving it and scooping out the seeds
- Add pulp and seeds to Ziploc bag to squish
- Use a hammer to bound in golf tees/nails
- Use the bottom half of a small pumpkin shell as a boat
- Pretend. Use small pumpkins in play kitchen
- Other:

### Nature - Leaves



- Explore texture of leaves with hands and feet
- Make homes for small plastic animals in leaves.
- Cover with paper and do a crayon rubbing
- Sew together with plastic needle and string to make a garland
- Collect a variety of leaves and hang them in your window
- Cut out center of paper plate. Glue on leaves to make a wreath
- Other:

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Notes:

## Everyday Items

### Object - Paper Plate



- Explore shape and texture of plates
- Play Peek-a-Boo with them
- Cut plate in a spiral and make a snake or mobile
- Make a craft such as pretend pizza or pie
- Glue fabric or scraps of paper to them
- Cut holes and make a mask out of it.
- Play Frisbee
- Other:

### Food - Sweet Potato



- Explore raw vs. baked sweet potato
- Put mashed sweet potatoes in a plastic bag to squish
- Make potato stamps. Cut in half. Carve designs on the flat side. Dip in washable paint and stamp on paper
- Stick the bottom half in water and regrow
- Decorate like a Mr. Potato Head doll
- Practice peeling them
- Other:

### Nature - Sticks



- Explore shape and texture of sticks
- Use them to draw in the dirt
- Build structures like teepees and little forts
- Paint them to make colorful decorations
- Line sticks up from shortest to longest
- Tie or glue them together to make an ornament
- Other:

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Notes:

## Everyday Items

### Object - Tape



- Explore the stickiness of tape
- Keep toddlers busy pulling up tape. Tape flat objects, like popsicle sticks, to highchair tray
- Decorate recycled items using stripes or pieces of tape
- Make a design on paper using tape. Paint over it. Let dry and pull up the tape to see the design
- Use masking or painters tape to make roads on the floor
- Other:

### Food - Spaghetti



- Explore the texture of cooked vs. uncooked pasta
- Let toddlers scoop dry pasta with spoons and small containers
- Make colored pasta for crafts. Separate uncooked pasta into Ziploc bags. Add 1 Tablespoon rubbing alcohol and 10 drops of food coloring. Mix and let sit 10-20 minutes. Dry on baking pan
- String colored pasta on yarn to make a necklace
- Sort different pastas by shape
- Other:

### Nature - Pinecones



- Explore the shape and texture of pinecones
- Collect pinecones from the yard or park. How many can you get in 2 minutes?
- Place a sheet of paper in the bottom of a cardboard box. Add a tablespoon of paint. Roll pinecone through paint to make a design
- Roll in peanut butter and birdseed to make birdfeeders
- Other:

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Notes:

# Thank you.

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*XOXO,  
Lia Kurtin*

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It makes my  
day.*