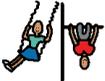
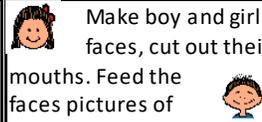


Ideas for Summer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Help with recycling. Crumple hand sized pieces of paper using one hand, then toss into recycling.</p> 	<p>Help clean the kitchen; remove lids from containers, or squeeze water out of cloth to clean table.</p> 	<p>Start thinking about back to school! Practice your morning routine and use it every day so your kids will be ready for September.</p> 	<p>Make a long snake out of paper or play dough. Make an identical snake then cut it to make a short snake. "I've made a short snake, yours is a long snake"</p> 	<p>Have a trip to the dollar store to pick out key rings to attach to jackets, lunch bags and back packs. This will help your child to be able to grab and pull their zippers.</p> 	<p>Have a picnic! Each person in your family gets to choose a food to bring. Practice trying new foods by looking, stirring, touching, smelling, kissing and licking the foods.</p> 	<p>Play Simon Says; see if your children can follow 1 and 2 step directions. Get them moving! i.e. "Simon says jump up and down and clap your hands."</p> 
<p>Practice questions in play! Ask things like "Where should the farmer go? Who wants the hay? Who wants to drive the tractor? Point to help them answer.</p> 	<p>Invite a friend over and play some games (e.g. red light, green light, ring around the rosy, duck duck goose, musical chair).</p> 	<p>Work on the hand washing routine, use a song, ask simple questions: "what do we do when our hands are dirty?" – Wash them! First we turn the water on etc....</p>	<p>Play ball or catch. Practice turn taking and model "my turn" "catch" "throw" etc.</p> 	<p>Go to the park! Describe what your child is doing "I am jumping". Talk about what the other children are doing "he is sliding", "they are swinging"</p> 	<p>Practice belly breathing before bed. Show how to take a deep breath in (nose) and blowing it out (mouth. You can describe it as smelling a flower and blowing out candles.</p> 	<p>Get two boxes, one big and one small. When tidying up toys say "I am putting teddy in the big box". "I am putting the ball in the little box".</p> 
<p>At the playground, set up opportunities for your child to talk. Block their way at the top of the slide and wait for them to say "go down". Say "ready, set,..." and wait for "go" as you hold the swing.</p>	<p>Take your child for a walk and point out the things you see. Play "I Spy," i.e. "I spy something in the tree," Pause and wait..." a bird!"</p> 	<p>Have fun in sand at the beach or sandbox, take turns (adult first) making shapes (I – O +) with your finger or a stick.</p> 	<p>Place different objects in a bag and have your child find something soft, hard, bumpy and smooth.</p> 	<p>Draw a picture of a person with your child. Check out the 'Mat Man' song on YouTube to help and make it fun!</p> 	<p>When your child is requesting food or objects, give them choices. Use real items when you can e.g. Do you want an apple or grapes?</p> 	<p>On the playground, label location words as your child is climbing up, down, under, over, through, in front, behind.</p> 
<p>Go grocery shopping, ask your child to find items on the shelf and transfer them to the cart. Comment on which foods you like and how they taste.</p> 	<p>Create opportunities to talk (e.g. give them a small amount of juice in their cup so they have to ask for juice, give them a deflated beach ball).</p> 	<p>Make boy and girl faces, cut out their mouths. Feed the faces pictures of food asking "who wants the banana? He does or she does".</p> 	<p>Sort food on your plate and your child's plate. "Does this go on my plate or your plate? Or when playing a game ask for each turn: "whose turn is it? Is it my turn or your turn?"</p>	<p>Cut, paste and draw to make a beautiful card for someone you know.</p> 	<p>Forget to do something that your child expects i.e. give them 1 sock instead of 2. This gives them a chance to communicate.</p> 	<p>Play "Mr. Potato Head", or "Lego" using a pincer grasp. Add to the play by having a tea party with Mr. Potato Head or using lego to make a castle/garage for your toys.</p>
<p>Play dress-up with oversized clothing. Practice pulling things on and off and label 'on' and 'off' or 'up' and 'down'.</p> 	<p>Create an obstacle course! Practice stepping over things, stepping on and off, balancing and jumping on and off.</p> 	<p>Collect pictures, tickets, souvenirs and drawings from summer activities. Add them to the conversation book with your child.</p> 	<p>Choose a familiar tune "row, row, row your boat", make up a song about things that are familiar or interesting to your child. Add simple actions.</p> 	<p>Play pretend school to prepare your child. Visit and play on the school playground and have a picnic.</p> 	<p>Prepare your child for their first day of school with a book. Read it again and again to help them understand and get ready for the event.</p>	<p>Go for a ride on your bike or favourite riding toy. Help them with road safety (stop, look both ways, wait for an adult).</p> 