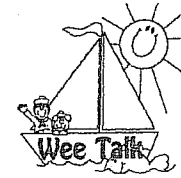


NEWPORT THERAPY CENTERS



Month:

AUGUST

Topic:

ZOO ANIMALS

VOCABULARY TARGETS & THEME RELATED CONCEPTS:

lion	elephant	hippo	trunk	eyes
tiger	monkey	rhino	tail	ears
zebra	giraffe	cage	mouth	nose

Pronouns & Prepositions:

I-me-you	on/off	put in
mine-yours	in/out	take out

SENSORY-MOTOR TARGETS: Hide small figures of animals in a tub of rice or beans. "Hunt" for the hidden animals. When you "catch" an animal practice saying the animal's name and try making the sound the animal makes. Washing plastic animals in a tub of bubbles is also great fun on a hot summer day.

MOTOR SKILLS: It's fun to move like your favorite zoo animal. Encourage your child to swing his/her arms like an elephant's trunk, hop like a kangaroo, or gallup like a horse. See what other animals you can come up with. Your child will be developing gross motor skills as well having fun.

SELF-HELP SKILLS: Continue to foster *confidence* and *independence* this month by encouraging your child to help clean-up his/he toys when playtime is over. Give plenty of hands-on and verbal encouragement and remember that a two minute warning and a catchy clean-up song is also very helpful.

Suggested Books: Corduroy at The Zoo by Don Freeman
Goodnight Gorilla by Peggy Rathman
1,2,3 To The Zoo by Eric Carle

These books are available at your local Barnes and Noble Book Store. We also encourage you to visit the children's section of your local library for more selections and information about other available programs.

**Speech Pathologist:
Occupational Therapist:
Child Development Professionals:**

Dear parents: Please read "**Pairing Movement With Learning**" by Jill Martindale. You may review this information with our staff so that it can be individualized for your child.

AUGUST INTRODUCTION

Topic: PLACES - ZOO

This month's curriculum topic incorporates another fun learning opportunity you can share with your whole family. A trip to the zoo can offer numerous opportunities to connect new words and concepts to real life experiences. You can prepare your child for this outing and enhance his/her learning in many different ways. A visit to the library to check out books about zoo animals is a great way to start. Looking at pictures and talking to your child about the things you will see, hear, smell and experience will help make this a successful outing.

Last month's article ***PLAY SKILLS*** by Leslie S. McColgin, explained the levels of play children go through starting from very early ***random*** and ***exploratory play*** to more sophisticated higher-level ***imaginative play***. The article also gives many suggestions on how to encourage your child's development through their development of ***play skills***. The article explained that it is important to emphasize the use of the various senses in play, and how essential it is to give our children many opportunities to explore objects and toys with their different senses. It is important to remember that ***"play is a child's work"*** and a vital component of not ***just*** speech development, but ***overall*** development.

In this month's article ***Pairing Movement With Learning*** by Jill Martindale, the importance of Motor Development and its impact on your child's overall development is explored. The article also explores the important role that movement activities play in speech and language development. Movement activities offer important ways for your child to ***experience*** as well as ***practice*** the many concepts necessary for learning.

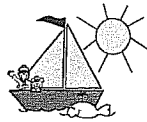
Please take the time to read this important article and also to review last month's article. The information in these articles contain important tools that will help you with the home carryover necessary to reinforce the skills your child is learning during his/her therapy session.

Remember to make learning fun!

Did you know you have a zoo in your own backyard?

Santa Ana Zoo is located at 1801 E. Chestnut Avenue, Santa Ana, CA 92701

Check out their website at <http://santaanazoo.org>



NEWPORT THERAPY CENTERS

The following are some ways you can use the monthly curriculum to help bridge your child's therapy in the clinic to what you are doing every day at home. You can also print the curriculum and bring it to your child's therapist so that specific points can be highlighted and your child's goals addressed.

- 1.) Use the pictures provided and find more in books and magazines to practice ***naming*** and ***pointing*** skills.
- 2.) Print and cut out two sets of pictures to use for ***matching*** and ***categorizing***. You can also make your own flash cards with pictures from magazines.
- 3.) ***Match the picture to the object*** to help reinforce new words. Hide the pictures or objects in a bowl of rice or beans to use the added sensory input to emphasize the new word or skill they are learning.
- 4.) Older children can ***color*** and ***cut*** pictures to help reinforce new vocabulary they are learning.
- 5.) Use books and magazines to ***read*** to your child ***everyday***. Talk about the things they see and relate them to familiar activities.
- 6.) Tape pictures around the house and in the car so the child can practice new words in a variety of settings.
- 7.) Find ways to use their new words in ***everyday activities***. Children learn by ***repetition*** so repeat favorite activities and read favorite books over and over.
- 8.) Come up with your own creative ideas and make up your own games to give your child a lot of opportunities to practice new words and skills.

August

OT Skills for the Month of August: Zoo Animals

Skills Targeted: Fine motor, hand-eye coordination, sensory, self-help

Zoo Animal Sticker Collage

At your local grocery or stationary store, pick out different zoo animal stickers for your child to peel and stick to paper. You can prepare a backdrop to represent zoo scenery or have your child use regular paper. This will allow your child to practice his/her fine motor skills while discussing the different animals and sounds.

Rice Bin/Shaving Cream Animal Hunt

In a medium to large size container, place some shaving cream or uncooked rice. Then hide some of your child's zoo animal toys inside. When you are finished, prompt your child to reach inside with his/her hands and feel around to find the animals. Count each one and tell what animal he/she has found. This activity can be repeated as many times as the child likes! Encourage clean up when the activity is completed.

Zoo Animal Yogurt Popsicles

It's summer and it's hot! Find your child's favorite zoo animal cookie cutters and place them onto a flat plate. Allow your children to spoon scoop their favorite flavored yogurt into each animal shape. Then place the plate into the freezer for about 1 hour. Take the plate out and remove the cookie cutters, placing a popsicle stick into each yogurt animal. The yogurt should be solid enough to remove at this time. Replace them back into the freezer for about 2-3 more hours, then enjoy! Remember to incorporate language use while making and eating these treats! Talk about the colors, smells, tastes and textures that you observe. Encourage your child to help clean up after the yogurt pops have been made!

Remember to engage children in using their speech and language skills. These are great opportunities for children to learn and have fun while practicing their language use.

Pairing Movement With Learning

by Jill Martindale

Introduction

Children spend much of their first year learning to move and control their own bodies—lifting their heads, turning over, sitting, crawling, seeing and feeling. Children use all of their senses to explore an object or a space. They learn mostly through movement. Children learn the size of a room by crawling around it. They learn what their bodies can do by moving through space in many ways—rolling, crawling, walking. As children repeatedly practice and perfect these skills, they begin to explore with their eyes as well as their bodies and hands. This learning to move large and small muscles is called *motor development*.

The Importance of Motor Development

Delays in motor development affect all areas of a child's development. Children who cannot touch, feel, or move to explore things in their surroundings may not develop appropriate learning and thinking skills. It is just as true that a child's motor development can enhance development in other areas! This *concept* is a valuable teaching tool in the area of speech and language therapy. It means that doing movement activities can help speech and language learning. Movement activities are fun and easy to incorporate into home and recreational activities.

Movement Activities for Language Development

Following are descriptions of areas the speech and language clinician may work on with your child. Ideas and activities for mastering these concepts by pairing them with movement are included. It is not important how well your child can perform the movement activities described. It is important to simply include movement in a fun and relaxed way to help your child learn language skills.

1. Prepositions/Spatial Concepts

A child learning concepts such as on/off, under/on top of, in front of/in back of, and between can be greatly aided by personal experience. Try to incorporate a variety of positions and movements to accomplish this. You can design an obstacle course for your child to move over, under, around, and through. Your child can:

- Crawl under a table, through a large box, or over a "mountain" of pillows.
- Step in and out of a large tire, on and off a stool, or through the rungs of a ladder.
- Run between two lines or sit down next to an object.

To encourage understanding give your child directions about where to move. Use the words you want your child to learn in the activities. Make statements and ask questions. Let your imagination go! There are countless ways to incorporate movement into this area of learning.

2. Left/Right

Have fun learning left-right by using body parts and motor skills. You can start with simple activities such as:

- Standing (kicking, hopping, stomping, etc.) using the right/left foot.
- Pointing (throwing, patting, touching, tapping, etc.) with the right/left hand.
- Balancing on hands and knees (lying on the floor, sitting in a chair, etc.) and lifting the right/left arm or leg.

You can then increase the difficulty by adding more parts to the request:

- Put your right hand on your left knee.
- Put your right foot on the yellow circle and your left foot on the red square!

3. Verbs

Your child's motor abilities can be very helpful in understanding action words. Use the appropriate verbs as you do these activities:

- Have your child show you "jumping," "climbing," "crawling," "running," "kicking," "throwing," or "batting."
- If your child enjoys pretend play, the child can even pantomime activities such as hammering, sweeping or vacuuming.

4. Opposites

Using movement to learn opposites such as big/little is a bit more challenging. Here are some activities that are fun and easy to do:

- Have your child be as little/ as big as possible. Ask the child to do a big jump and a little jump.

- Your child can walk (run, clap, wave) slow and fast.
- The child can reach up high by standing on tiptoes or low by bending way over.
- Stop and go/start can be learned by playing "red light—green light."
- Using a wagon or large box, the child can demonstrate push and pull.
- Balls, balloons, and pillows of different sizes and weights can be used to learn throw and catch.

5. Number or Quantity

Movement activities can again be helpful teaching aids. Your child can:

- Jump (clap, knock, hop, blow, etc.) forward a specific number of times.
- Throw the requested number of balls (beanbags, blocks, jar lids, beans, etc.) into a large box.
- Identify numbers by running and jumping onto the numbered marker (as in hopscotch).

6. Colors

You can play movement games with your child to practice color recognition and labeling.

- To practice recognizing colors you can ask your child to run to the red marker or jump to the green marker.
- To practice naming colors you can perform the activity and then ask, "What color did I run to?"
- Balloon/ball play is a fun and inexpensive way to practice naming and recognizing colors. For example, your child can select the requested color to kick, throw, or bat.

7. Shapes

In learning to recognize geometric shapes such as circles, triangles, and squares, your child can use movement in these activities:

- Have your child walk/run along the outlines of large shapes you have drawn in the gravel, marked on the porch, etc.
- Have your child practice "drawing" shapes using different kinds of movement:

In a dark room "draw" shapes on the wall with a flashlight.

"Paint" shapes with water on the sidewalk, the fence, or the outside wall. Encourage big painting to incorporate upper body movement.

Toss beanbags onto large shapes drawn on paper or through shapes cut in a large piece of cardboard.

8. Animals

Learning to recognize and identify animals and imitate animal sounds can be enhanced through movement. Use these activities to practice naming animals and making animal sounds, and to identify actions associated with the animals:

- Move like familiar animals. Your child can identify what animal you are imitating by your body posture and actions. The child can then copy your movements.
- The child can pretend to be a certain animal and even pair the action with the animal sounds. For example, by crawling, your child can pretend to "walk like a dog" and bark at the same time!
- Animal shadow plays (a bird, a bunny) are another fun activity.

9. Directions

Following directions can incorporate many of the concepts already discussed. This activity can become gradually more difficult as more requests are combined (one-, two-, or three-step directions). Ask your speech clinician how many steps to use for your child's language abilities.

- 1-step: *Run* (verb) to your room.
- 2-step: *Skip* (verb) to the bathroom and put your clothes *in* (preposition) the hamper.
- 3-step: *Go* (verb) outside, get *two* (number) balls, and *throw* (verb) them *in* (preposition) the toybox.

Summary

Your child may be working with a speech and language clinician in therapy. But you can provide fun and interesting carry-over activities at home. The best help for your child is from parents and clinician working together. Pairing movement with learning is fun for you and your child. It can be a valuable tool for helping your child learn language skills at home.

Vocabulary

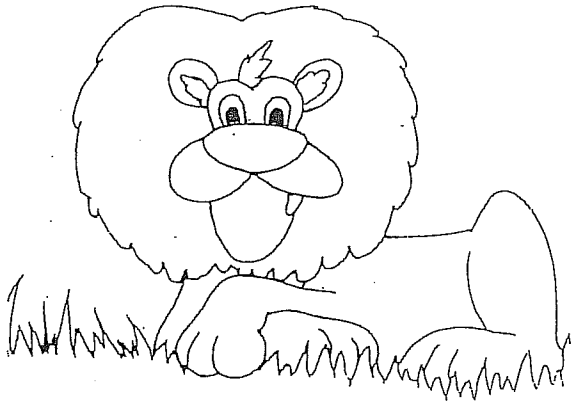
Concept—A general idea or characteristic applicable to several objects or events, which helps organize knowledge about the world.

Motor development—Growth of skills relating to muscular movements.

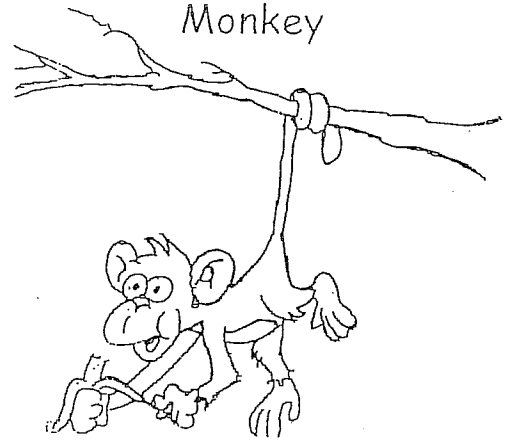
Refer to:

- 2.1 Language Development
- 3.6 Using All the Senses to Learn
- 3.7 Learning About Time and Space
- 4.2 Learning Action Words
- 6.1.2 Giving Directions to Your Child

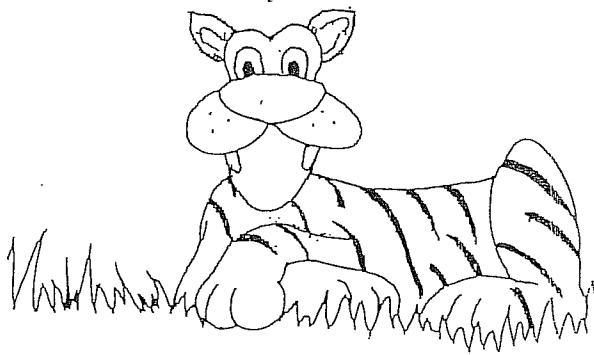
Lion



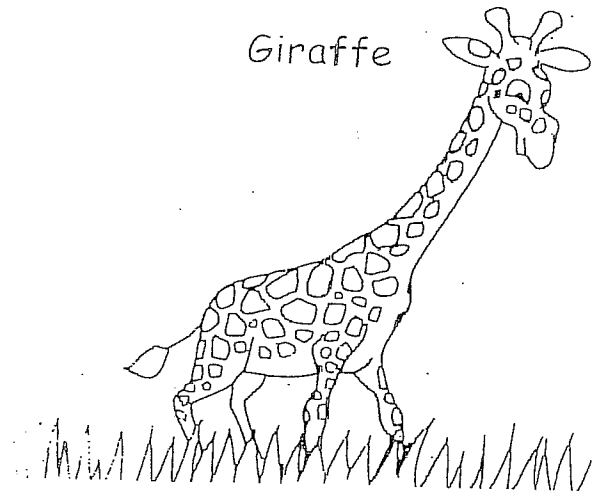
Monkey



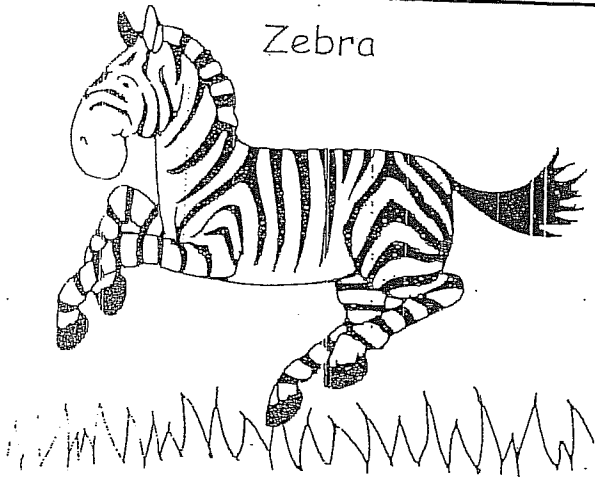
Tiger



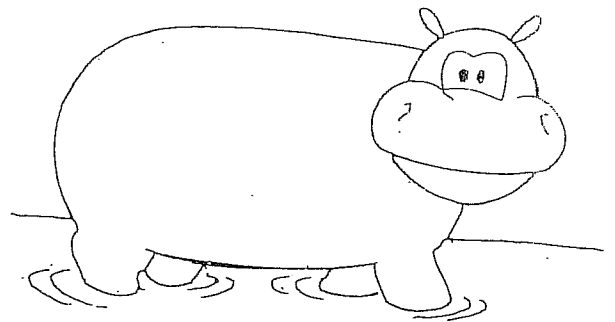
Giraffe



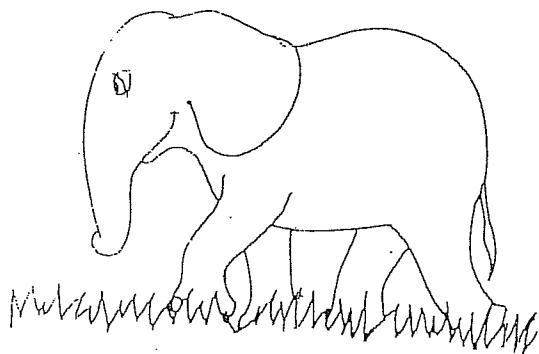
Zebra



Hippo



Elephant



Rhino

