



Winter Break Speech and Motor Activities!



Here are some fun activities you can do with your child over the break to help develop their speech and motor skills.

- Color, Color, Color - you can never color enough 😊
- Talk, Talk, Talk - you can never talk enough 😊
- Play with Playdoh, Putty, Clay, or Silly Putty
 - Make it into Letters or Numbers
 - Flatten it out
 - Squeeze it
 - Use a rolling pin
 - Roll it out
 - Pinch it
 - Roll it into balls - big and small
 - Use cookie cutters
- Make cookies - let your kids help with the pouring, scooping, stirring and rolling it into dough balls. Talk about each action as you do it. Talk about what the cookies will look like, feel like, taste like.
- Fill a cookie sheet with rice, sugar, or salt - use your finger to practice writing letters. If they are just learning to write, practice directional lines - | / \ and O.
- Use a variety of kitchen tongs or tweezers to pick up small toys, beads, or food items. Talk about what you can do with kitchen tongs or tweezers. What do they look like?
- Use a meat baster or straws to blow cotton balls across the floor. Race each other.
- Make paper snowflakes - work on paper folding and snipping with scissors.
- Pretend to be animals - make the noises and walk like them - Bear, Rabbit, Seal, Dog, Cow, Horse, Crab, Penguin, Flamingo (stand on one foot). Talk about where you can find these animals. What do the animals look like?
- Build a snowman. Talk about what you need to make a snowman. Describe the snowman once you are finished building.
- Have a snowball fight. Talk about snow. What color is it? How does it feel? What else can we do with snow?
- If you are traveling, talk about where you will go and what you will do when you arrive. What do you need to take with you on your trip?