



VILLA ESPERANZA SERVICES

*Where Hope is Hard at Work for Individuals
with Intellectual/Developmental Disabilities*

COMMUNICATION ACTIVITIES AT HOME

Provided by the speech therapists at Villa's Hjelte-Phillips Speech & Language Center

SCHEDULE your Days - Supporting Comprehension

- Having a schedule helps students feel safe and secure
- Structured Schedule – Write down or print pictures of daily activities. As you complete them, cross items off the list or take down the picture.
- General Schedule – If you don't have time to make pictures or write everything down, just follow a general schedule. It still provides comfort to students knowing that things happen in a certain order (e.g., shower time is right before bedtime).
- Suggested Schedule Activities – breakfast, lunch, dinner, snack, outside, reading, chores, shower/bath, social time (call or Facetime friends or family), movie/tv, sensory, craft, exercise, free time, music, walk, game, nap/rest/quiet time, cooking, bedtime
- Label what you are doing or have your child label (“It’s time for . . .”) using speech, sign language, or communication device.
- Ask questions (“We finished breakfast. What’s next?”)
- Have your child help make the schedule (“What should we do after lunch?”)

Stimulating LANGUAGE at Home

- Vocational Tasks/Chores
 - Make vocational tasks/chores part of the daily routine. Label what you are doing (“Let’s wipe the table”) so that language is paired with the activity.
 - Suggested tasks – wipe the table, set the table, clear the table, make the bed, take out the trash, sort recycling, wash/dry dishes, clean bathroom, dust, vacuum, put toys/games away, sort/fold laundry

- Go to the YouTube channels kimberkiku and villaspeech for video models of some of these vocational tasks.
- Activities of Daily Living
 - Pair language with activities of daily living (“Time to brush teeth.”)
 - Ask questions (“What do we need?” “Do you want to wear the blue shirt or the red shirt?”)
 - Suggested Tasks – Brushing teeth, preparing food, getting dressed, going for a walk, getting ready for bed, exercise, craft, other leisure activities
- Reading
 - Read books to your child or have your child read
 - Go to storylineonline.net where your child can watch videos of people reading books
 - Watch book videos online through Scholastic Learn at Home – scholastic.com/learnathome
 - For current events go to Newsela.com/search. This website provides articles about current events with reading levels from grades 2-12
- Phrase of the Month
 - At school we focus on one phrase each month. Model by saying the phrase. Find opportunities for your child to use the phrase.
 - March – Check it out/Look at this, April – Good Job/High Five
 - Phrases are on the “SOCIAL” page of many students’ communication devices (SOCIAL – “Look,” SOCIAL, → “good job”)
 - Go to YouTube channel villaspeech for video models of social phrases of the month.