



## DAILY ROUTINES AND ACTIVITIES TO DEVELOP LANGUAGE, INTERACTION AND COMMUNICATION SKILLS

*(Composed by Speech and Language Therapy Department)*



Routines and activities you do every day with your child provide a wonderful opportunity to help your child develop their language, interaction and communication skills. We have put together some simple baking activities with visuals to use with children of different ages. The baking activities include *'Making Chocolate Rice Krispy Buns'* and *'Making Banana Bread'*. These baking activities are only suggestions. You can choose any activity or daily routine you like (see below examples of different activities/ routines). The most important thing is that the simple tips and strategies outlined below are integrated into the activity.

### **How do routines and activities help?**

By doing routines jointly, you will help your child interact and communicate with you and others. A routine you do with your child such as 'getting dressed in the morning' is a predictable and a repeatable routine that occurs between you and that person. During such a routine, you and your child are focused on the same item or activity. These repetitive and predictable routines will help your child to learn the words and ways for when and how to interact. As your child learns the routine, they will learn exactly what they need to do. This helps your child to relax and as a result, be able to participate and communicate more readily. Repetition of a routine will enhance learning.

## Tips and Strategies

- ❖ Break difficult tasks down into more manageable steps. To do this, you could **use pictures/visuals/photographs** or written instructions (for older child) to show your child each step involved in completing the task. These visuals are sometimes called 'sequencing cards'. If you not have access to a printer, you could always take a picture on your phone of the individual steps.
- ❖ Help the individual understand and **learn the sequence/order** of the task/activity. To help your child understand what to do first, next, then and last; you could use of a '*sequencing board*'. All you need to create a 'sequencing board' is a blank sheet of A4 paper, turn the page 'horizontally' and place the visuals in the correct order/sequence in which they will occur. You can use tape or blue tack to attach the visuals onto the page.
- ❖ Have a **visual of the 'end product'**. This will motivate your child to complete all the individual steps.
- ❖ Actively involve your child in the routine. As you break the task into individual steps, give the child **specific turns** to do different parts of the routine. This will help develop your child's interaction and communication skills.
- ❖ As your child learns the routine, leave out one of the visuals on the 'sequencing board'. Ask your child what they think they need to do next. By using visual cues, you will help your child **make simple predictions** about what might happen next.
- ❖ After your child learns the routine, you can expand and change it to **add new vocabulary**, new concepts or new actions.
- ❖ When your child knows the routine, **do the unexpected** or do things to change the routine. After you do this, WAIT for a reaction from your child. S/He may comment or ask for something or reject something as a result of your changes. This is helping them with their spontaneous communication.

**Some examples of daily routines and activities to implement these tips and strategies include:**

- Getting dressed in the morning
- Getting dressed for bedtime
- Washing hands
- Washing and brushing teeth
- Making a sandwich
- Making toast
- Making chocolate milk
- Making cereal breakfast
- Creating something with Blocks, Lego or Play Dough
- Getting the table ready for dinner
- Cleaning up routine
- Retelling a story or making up a story
- Getting ready for bed

## **Baking Activity #1**

### **Baking Activity: Making Chocolate Rice Krispy Buns**

#### **Equipment Needed:**

- Tray for buns
- Wooden spoon
- Dessert Spoon
- Spatula
- Small cake cases
- Cup
- Mixing bowl
- Saucepan

#### **Ingredients:**

- 200 grams of milk chocolate
- 200 grams of Rice Krispies or any puffed rice cereal (start with 200 grams but you may need more)
- For decorations you can use smarties, mini marshmallows or anything else you or your child likes

#### **The usual order of this baking activity:**

- ✓ Get all the ingredients
- ✓ Put the bun cases in baking tray
- ✓ Pour Rice Krispies in the bowl
- ✓ Melt the chocolate
- ✓ Pour the melted chocolate in a bowl
- ✓ Mix the Rice Krispies and melted chocolate. You can also add marshmallows at this stage.
- ✓ Stir gently so you don't crush the cereal.
- ✓ Keep adding more cereal until all the chocolate is used up and all the cereal is coated.
- ✓ Pour the mixture into the bun cases in the baking tray
- ✓ Add a smarty or other treat on top on the mixture if you wish
- ✓ Let it cool in the fridge for 1- 2 hours approximately to all the chocolate to harden

## VISUALS TO SUPPORT (Cut up as required)

### Visuals for Ingredients



### Visuals for Utensils





**Visuals for sequence of task**







**Visual of 'end product'**



## **Baking Activity #2**

**Activity:** Making Banana Bread

### **Equipment Needed:**

Whisk; spatula; cup; measuring spoons; fork; knife; mixing bowls and loaf pan

### **Ingredients:**

- 1 3/4 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1.5 teaspoon cinnamon
- 1/3 cup butter
- 2/3 cup sugar
- 2 eggs
- 3 overripe bananas
- 1/4 cup chopped walnuts or chopped pecans (optional)

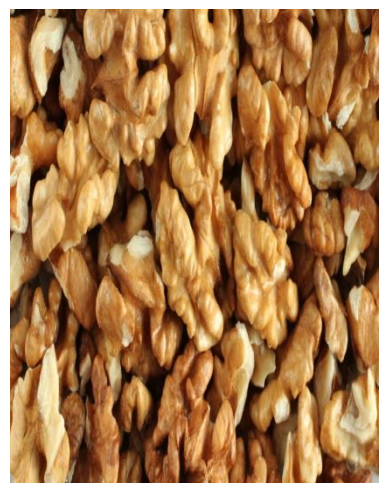
### **The usual order of this baking activity:**

- ✓ Get all the ingredients needed (e.g. bananas, flour, eggs, cinnamon, baking soda, butter, sugar and salt)
- ✓ Get all the utensils needed (e.g. loaf pan, spatula, mixing bowls, spoons, knife, forks, whisk)
- ✓ Preheat oven to 180°
- ✓ Grease loaf pan
- ✓ Whisk together flour, baking powder, salt, and cinnamon in large mixing bowl
- ✓ In separate bowl, cream butter until light and fluffy
- ✓ Add sugar and whisk eggs to the butter and mix well
- ✓ Chop bananas into coins and then mash the coined bananas
- ✓ Add the mashed banana to the egg mixture and whisk until just mixed in
- ✓ Pour banana mixture into flour mixture
- ✓ Fold with a rubber spatula just until combined
- ✓ Pour batter into greased loaf pan.
- ✓ Place in the oven for approximately 45- 50 minutes at 180° or until knife inserted comes out clean
- ✓ Let the banana bread cool in the pan for 10 minutes before removing. Allow to cool before slicing.



## VISUALS TO SUPPORT (Cut up as required)

### Visuals for Ingredients



## Visuals for Utensils





## Visuals for Sequence of Task





**Visual of 'end product'**

