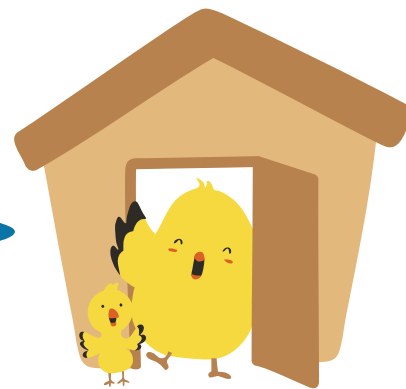


“TALKING IS TEACHING: TALK, READ, SING” INDOOR ACTIVITIES TOOLKIT ADAPTATIONS



Too Small to Fail and *Inclusion Matters* by Shane's Inspiration recognize that the COVID-19 crisis may be an overwhelming time for parents and caregivers who are at home nurturing, teaching, and providing critical therapies that their children used to receive at school and in the community.

The “Talking is Teaching: Talk, Read, Sing” Indoor Activities Toolkit is a resource guide that provides fun ideas for activities that you and your little one can do together. The ideas in the Indoor Activities Kit offer ways you can talk, read, and sing together with your child, using materials you may already have at home. We have created this tip sheet of activity adaptations to ensure parents and children of all abilities can turn everyday moments into opportunities of playing and learning together. We hope these ideas give you a great springboard into some joyful learning and playing at home!

Inclusion Matters by Shane's Inspiration is an international organization dedicated to fostering a bias-free world for children with disabilities through the creation of inclusive playgrounds and educational programs that unite children of all abilities worldwide.

To access the “Talking Is Teaching: Talk, Read, Sing” Indoor Activities Kit and other helpful resources, go to talkingisteaching.org/indoors

POSSIBLE ADAPTATIONS FOR THE “TALKING IS TEACHING: TALK, READ, SING” INDOOR ACTIVITIES (AND MORE!)

PHYSICAL ADAPTATIONS:

Not Just a Box...Bowling Anyone?: If you have a child who uses a wheelchair or has challenges throwing balls or with bigger movement, take a larger box and open the top and bottom lids. Hold the box at an angle and help your child's hands drop a ball down the shoot to knock over plastic bottles on the floor!

OR

A Bowling Night: If you have a little one with mobility challenges, set up the whole family as pins! With help, your child can throw the ball and knock everyone down. See if he can make a strike.

SENSORY/EMOTIONAL REGULATION/COMMUNICATION ADAPTATIONS:

Wash Your Hands: Hold your baby in your arms in front of a mirror while washing hands. They love to see themselves, which helps them recognize emotions. Sing a verse of “If You're Happy and You Know it...Show Your Teeth” (Smile!). For children using wheelchairs, bring a hand-held mirror to their chair so they can see their wonderful face!

Make a Fort: For sensory variety, build a fort and throw in big plushy pillows, hang/hide small tactile balls for discovery or hang scarves from the top for visual play. This could be a great relaxation zone for little ones struggling to stay regulated emotionally in a busy home.



Enjoy Books Together: Let your child sit in your lap and/or hold a book to promote early reading strategies (reading front to back, right side up). If your child is non-verbal, point and identify all the items in the book with their favorite color. Guide their hand to do the same!

Social Stories: Is your child non-verbal? Do they have difficulty expressing feelings? Expressing feelings can be hard for all of us. Draw happy, mad, and sad faces and create a short story about not going to school and what your child has been going through. Ask them to point to the faces they feel.

Am I happy, Am I Sad?: Identifying feelings can be hard, especially during trying times. Take homemade play dough (check out Page 7 of the Indoor Activities Toolkit for the recipe) and make three common faces/feelings. When emotions come up, have those faces located where your child can easily reach them to show you what they are feeling.

Let's Get Cooking: Identify a recipe from a cookbook or call a loved one for a family favorite that you can try together. This will reinforce your connection to your child and promote early reading!

Let's Talk About Food: Reinforce simple sign language your child has learned with teachers or therapists. Look at your child's facial expressions to see how they are responding. Make eye contact with your child while speaking with them. (If you're not referencing a recipe on-line, tuck all electronic devices away.)

Shaving Cream Scavenger Hunt: Pull out a baking tray or use an easy-to-clean surface. Pile on the shaving cream and hide your child's favorite small toys! Do a dinosaur dig or find and count coins!

Share Kindness:

Draw a big heart. Write your child's name above the heart and then tell them each day one thing you love about them. You can write something on the heart like, "I love your ... smile!" By the end of the week, your child's heart drawing will be filled with words of encouragement.

Have your child write a note to a sibling. This may look like scribbles or repetitive marks, but it's also a natural "first step" to writing. Ask them to read you their message. You can add the text at the bottom of the note as you praise them for their kind words!

Rockin' Family Kitchen Band: Strike up a song using your child's name in it! Bring out some ribbons or scarves. If your little one can't grasp them, just put your hand over his or hers to guide the movement. Or have a sibling help!

Enjoy Water Play: Introduce the water slowly, just in case a little one isn't comfortable. You can have your child clean their favorite toy in the bath or in a large container of water. Push the toy down with your finger. Push the sponge down with your palm. Dive in with your arm to pull the toy back up!



Remember, keep the activities simple and focus on the power of play!

For more inclusive play ideas, go to InclusionMatters.org/PlayAtHome