



ALL ABOUT SPEECH & LANGUAGE

NO HASSLE ACTIVITIES TO SUPPORT YOUR CHILD'S/TEEN'S READING SKILLS AT HOME

1. Preschool and Elementary School-Age

Pick a specific time to read together every day!

Set aside a designated time (i.e. after school, while waiting for siblings during extracurricular activities, before bedtime, etc.) to read together. This can include having your child read a book at their reading level out loud to you, you reading out loud to them (especially if the reading level is higher), or taking turns reading together. Make sure to talk about what you are reading about by asking a variety of –wh questions (who, what, when, where, why); this will also give you an indication if they are remembering what you are reading about! Bonus tip 1: you don't have to read for more than 10-15 minutes in order for this to be an effective reading strategy, plus who doesn't love some 1:1 time with their kids after a long day at work? Bonus tip 2: Have children point out sight words or other words that fall into reading rules (i.e. magic e, vowel teams) that they are learning/practicing while they read aloud.

Did you know?

- 10-15 minutes a day for designated reading time with your child is an effective strategy for building reading practice in at home; bonus you get more quality time with your kids, too!
- Pick a designated reading time that works for your schedule (i.e. after school, while waiting for siblings during extracurricular activities, before bedtime, etc.) to read together.
- Let your child read out loud to you, you read to them, or change things up and rotate who reads what sentences, paragraphs, or pages.
- Talk about what you are reading by asking a variety of -wh questions (who, what, when, where, why) as this gives an indication if they are understanding what you are reading about.
- Preschoolers: have them point out pictures/objects on the pages and talk about them relative to the story plot.



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- Elementary Kids: while reading books together, have them point out sight words or other words that fall into reading rules (i.e. magic e) that they are learning and practicing in school or therapy.
1. Take it on the road! Have your child pack a reading bag or use the back pocket of the seats in your car to fill with books at their reading level and have them read out loud to you while driving in the car. This will help the time pass for them in a meaningful way other than watching DVDs or looking out the window! While you drive, you can talk about the books they are reading by engaging in asking questions. You can also play “I Spy” or other games where they can read out loud different signs they see out the window or sight words they find in road signs, billboards etc.!
 - Pack a reading bag or use the back pocket of the car seat to fill with books at your child’s reading level as something to do when they are “bored” in the car.
 - While you drive, you can talk about the books they are reading by engaging in asking questions.
 - You can also play “I Spy” or other games where they can read aloud different road signs or billboards (within reason of course) of things they see out the window!
 2. Act it out! While your child reads with you, get a bunch of pretend play props and act the story out after you are done reading. This is a great way to incorporate story-retells and narratives in a fun, playful environment. For example, if you read *The Princess and the Pea*, have your daughter or son dress up as a prince/princess and stack a bunch of blankets and pillows on top of one another and put different objects underneath them to see if he/she can feel and guess what it is they are laying on! Bonus tip: use the words “first, next, last” to help with sequencing story events in the order they happened! This new way to approach reading and use his/her imagination might be an added excitement or motivation your child might need!
 - Learning by doing is a great reinforcer for all kinds of learners, so act out a story with your child after you are done reading it.
 - This is a great way to incorporate story-retells and narrative skills in a fun, playful manner.
 - For example, if you read *The Princess and the Pea*, have your child dress up as a prince/princess and stack a bunch of blankets and pillows on top of one another and put different objects underneath them to see if they can guess what they are laying on.



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- This fosters other important reading and play skills like using their imagination and pretending, which doubles as an extra dose of motivation and excitement around reading altogether!
3. Get Moving! While participating in playing board games, doing a new craft activity, or making a meal together, write out a series of steps/directions and have your child read them out loud so everyone knows what to do next. Better yet, if they are reading at a higher reading level, have your child read out loud the actual game directions, instructions, or recipe to you. This is also a great way to identify/find sight words that are already in the various sentences. Whoever reads the directions or identifies the sight words, gets to take the first turn! Sight Word and Other Word Practice: Any sight words or any words that fall into reading rules your children are practicing (i.e. magic e, vowel teams, blends) can easily be drilled in the context of game play such as: board games (i.e. read 5 words and then take a turn), bouncing balls or jumping on a trampoline, or having a scavenger hunt around the house. Sight word practice sometimes gets repetitive, so keep it fresh by inserting it into fun and motivating games!

Letters, words, reading rules, and sight words can all be incorporated into fun, drill-based practice in the context of games such as....

- Board Games: Read 5 words, then take a turn.
- Bouncing Balls/Jumping on Trampoline: Read 5 words, then take 5 jumps.
- Scavenger Hunts: Use objects around the house or outside in the yard, or hide objects and toys around the house and in the yard and have kids read words or identify reading rules/letters while searching (i.e. I found the spider under the chair....oh great what letter does spider start with OR how do you spell spider?)

Middle and High School

1. Functional, Everyday Routines Are Great for Reading...and Spelling/Writing practice too!
 - Write out steps or directions for activities like playing games, cooking or making a meal together; and if they are older or reading at a higher level, have them be the one to read out loud the actual game directions, instructions, or recipe.
 - Have your teen be the one to write out your grocery list for the week or their schedule for the week and review it together.



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- Reading and Writing homework demands definitely increase in Middle and High School, so "kill two birds with one stone", and show interest in the chapter books your kids are assigned to read (re-read along with them as many classics are assigned that you probably had to read back in the day, too!). You can also talk about their essay prompt or group project and ask to read it when they are finished—these are great ways to enhance and review the skills being addressed in therapy, without adding more work and practice to their already busy schedules and school demands.

2. Thank You Goes A Long Way!

- Have your teens write their own thank you notes/emails or make cards for the holidays for family and friends.
- Have them read it back to you and together make any revisions before sending off.
- This is also a great way to practice application of reading rules for spelling and writing/editing!

3. Have a Themed Game Night

- Host a family spelling bee or competition with games like Scrabble, Scattergories, or Mad Libs where you get added points for spelling correctly and have a fun prize at stake for the winner!
- Change it up and have a different focus tied to reading-related goals you know your teen is working on in therapy and/or needs practice with from feedback from teachers or their report card!

4. Extra, Extra Read All About It

- Current events, news, local happenings, magazines, and articles are all great for reading fluency, decoding, summarizing, and responding to questions which are key, higher-level skills required for learning in middle and high school.
- Tired of hearing your teen is bored, have them search what to do for the weekend (i.e. "Things To Do Tampa Bay") and summarize what they found after reading about it. They can then pitch their ideas to you for what your family plans should be!
- Eating out on your agenda? Have your teens pick the restaurant and search the menu before you go to pick what they'd like to eat or what appetizers your family can



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share at meal-time!

- Where appropriate, incorporate technology (i.e. headed to Disney for the weekend, have them download the disney app and navigate it alongside you to jump the lines and get that fast pass; have them be the ones to scan a QR code to navigate a website or information you need to score that free cup of coffee or sweet treat from Starbucks).

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