



SPEECH AND LANGUAGE ACTIVITIES FOR SCHOOL- AGED CHILDREN

Elklan Training run courses delivered by speech and language therapists and specialist teachers. We want to share some simple techniques and activities that we have recommended over the years that you can use at home with children to support their language and communication skills. These activities may be useful to help children with learning and keeping them focused and engaged. These activities can be used every day and really work!

Feelings and Emotional Understanding



Understanding feelings and emotions is important for building relationships with others and to be able to use language effectively both in learning and in social situations. Feelings and emotions are abstract in nature so can be difficult for children to understand and identify. We can help children understand these by using some of the ideas listed below.

- Use everyday situations to label emotions that you see and notice. E.g. *'Look Dylan's smiling, he's happy'*
- Notice your child's emotional responses and comment on these. E.g. *'you're laughing, I can see that you are happy'*.
- Talk about how people in stories or on the television might be feeling and how we know this. Use stories and programmes that the child is interested in so that it is motivating and meaningful for them.
- Talk about different ways that tell us how someone else is feeling. These might be physical e.g. facial expression, how someone is sitting or standing, or the way someone is speaking e.g. tone of voice.
- Where possible, adults should name and comment on their own feelings. E.g. *'It's my birthday, I'm so excited!'*

- Use emotion pictures and emoticons to match feelings to pictures. Your child can use these to identify how they are feeling.
- Your child could use a feelings board or chart to show how they are feeling.
- Encourage your child to talk about their feelings in one to one or small groups using phrases such as '*I feel happy when....*' etc.
- Act out and role play different situations. Encourage your child to act surprised, puzzled, horrified, excited, tired.
- Practise saying a sentence showing different emotions. For example, say '*I want to go out*' as though you are happy, angry, terrified.
- Encourage your child to ask about the feelings of others. This encourages empathy.
- Writing a script or story with your child about a social situation including what people are saying, how they are feeling and reacting.

If you would like to find out more about our e-learning opportunities please visit our website at <https://www.elklan.co.uk/information/practitioners/e-learning-opportunities> for a range of interactive courses to suit all ages, with or without accreditation.

For more information or advice about any of our courses or resources, and to find out about upcoming opportunities, please contact Clare on clare@elklan.co.uk or ring us on 01208 841450

Useful links and resources:

Let's Talk with 3-5 s workbook (2018) www.elklan.co.uk

Let's Talk with 5-11s workbook (2018) www.elklan.co.uk

Let's Talk Together workbook (2018) www.elkalan.co.uk .This workbook is designed for parents to support children who difficulties with social communication difficulties or a diagnosis of ASC.

Language Builders. Practical advice, strategies and activities for school -age children (2012) – www.elklan.co.uk

Communicating well with children- <https://raisingchildren.net.au/school-age/connecting-communicating/communicating/communicating-well-with-children>

STASS Publications www.stasspublications.co.uk. There are a range of useful resources on this website.