

November Speech and Language Newsletter

About this Newsletter...

This newsletter was created by speech-language pathologists (SLP) with the Manitoba First Nations Education Resource Center (MFNERC). You are receiving this newsletter because your child was on the speech language caseload or wait list last year. We hope you find the speech and language information and activities included valuable! If you would like more help, please contact your school's resource teacher. If you have questions. Please contact Crystal Kowalchuk, MFNERC speech language pathologist at crystal@mfnerc.com or 204-594-1290.

Social skills are specific behaviors that allow children to...

- 1) Develop friendships and supportive networks
- 2) Learn to cope effectively with their peers, teachers, staff, and environment.
- 3) Initiate and maintain positive interactions with others.

The attachment below indicates all the different "types of social skills" one might see in children, needed to have meaningful interactions. There is another attachment called "developmental stages" to help guide where a child might be with their social skills.

Here are a few strategies you can use to help in the development of these skills:

- 1) Practice problem-solving tasks
- 2) Practice WH-Questions
 - a. What, Where, When, Why, Who
- 3) Role-play activities
- 4) Model appropriate social skills and practice together

ACTIVITIES!

1. Make a "You'll Feel Better Jar"

Sometimes, emotions can be overwhelming. This activity helps to show children that it's ok to be sad sometimes, but there are ways we can work through these strong emotions. Talk with your child about their feelings and fill the jar together by thinking about activities that you can do to feel better (e.g. hugs, play, call a friend, etc.). Here is the link to the full instructions for this craft:

<https://www.pbs.org/parents/crafts-and-experiments/youll-feel-better-again-jar>

2. Drawing Activity

Ask your child to draw their favourite animal using the page provided. Then, have them explain to you why this is their favourite animal. This activity opens the door for practicing multiple conversation skills!

3. Games

Playing any game with 2+ players allows for the practice of many social skills! Hedbanz, Go Fish, and ISpy are all great games to practice turn taking, asking questions and responding to questions, using descriptive words, as well as working on some of the types of social skills listed in the provided attachment.

3. Conversation starters

A list of 20 different conversation starters are included in the activities below. You can use these to begin a conversation with your child to work on social skills such as turn taking, maintaining a topic, eye contact, listening, asking questions as well as responding appropriately.
















An additional worksheet is included entitled "Family Interview." This is a fun activity where family members or friends can learn a lot about each other by interviewing each other using the questions given.

Expression of emotion and why it is important with communication skills...

Feelings are the heart of communication and an important part of interpersonal relationships. Being able to express feelings about situations and people can eliminate misunderstanding and conflict within that interaction.















The starting point for developing expression of feelings is becoming aware of the different emotions one might feel and identifying those emotions.

Teachers and parents can copy and cut out these charts to support children at home and in the classroom.

Feelings			
happy 	loving 	content 	excited 
safe 	proud 	confident 	interested 
special 	silly 	jealous 	sad 
mad 	afraid 	bored 	embarrassed 
frustrated 	worried 	grumpy 	disappointed 

HOW DO YOU FEEL?

How Do You Feel?

happy 	sad 	excited 	tired 	mad 	frustrated 
annoyed 	<p>I feel</p> 				scared 
proud 					embarrassed 
worried 					bored 
interested 					lonely 

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COMMUNICATION BOARD

TYPES OF SOCIAL SKILLS

Turn taking	Conflict resolution
Personal space	Following directions
Listening	Eye contact
Sharing	Good manners
Asking for help	Team work
Helping others	Problem solving
Asking for permission	Making inferences
Tone of voice	Flexible thinking
Voice volume	Body language
Apologizing	Perspective taking
Participating	Emotions
Introducing yourself	Empathy
Making friends	Good sportsmanship
Topic maintenance	Handling peer pressure
Initiating conversations	Figurative language
Asking questions	Sarcasm
Answering questions	Self esteem
Responding appropriately	Anger management
Staying on task	Morals
Being kind	Respecting others
Waiting	Taking responsibility

*this list is not comprehensive but to give a general idea of what social skills encompass

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DEVELOPMENTAL STAGES

AGE	PRAGMATIC LANGUAGE
3-4 YEARS	<ul style="list-style-type: none"> • Follows 2-step related directions • Takes turns and plays cooperatively • Plays alongside other children • Relates personal experiences • Practices conversational skills by talking to oneself • Expresses ideas and feelings • Feels shame when caught doing the wrong thing
4-5 YEARS	<ul style="list-style-type: none"> • Follows 3-step directions • Invites others to play • Uses language to resolve disputes with others • Has good control of the elements of conversation • Engages in games with simple rules
5-6 YEARS	<ul style="list-style-type: none"> • Asks questions for information • Chooses their own friends • Makes purchases at stores • Engages in cooperative play such as making group decisions, assigning roles, and playing fairly • Announces topic shifts • Negotiates during play • Begins to understand what it feels to be embarrassed
6-7 YEARS	<ul style="list-style-type: none"> • Plays in small groups and makes up games with rules • Plays cooperative games but does not cope well with losing • Enjoys playing with children of the same gender
7-8 YEARS	<ul style="list-style-type: none"> • More aware of others' perceptions • Tries to express feelings with words but may resort to aggression

What is your favorite thing to do after school? Why?

» ABOUT ME

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How old are you?
What did you do for your last birthday?

» ABOUT ME

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What do you like to do on the weekend?

» ABOUT ME

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What is your favorite season?
Why?

» ABOUT ME

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Who do you live with?

» FAMILY & FRIENDS

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What is your favorite game to play with your friends? Why?

» FAMILY & FRIENDS

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What family member are you closest with?

» FAMILY & FRIENDS

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What do you think makes a good friend?

» FAMILY & FRIENDS

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It is your first day at a new school and you don't know anyone. What would you do?

» SCHOOL

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Do you prefer group projects or working by yourself? Why?

» SCHOOL

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What do you think is a good way to make a friend at school?

» SCHOOL

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Do you enjoy going to school most days?
Why or why not?

» SCHOOL

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What would you do if the person next to you on the bus kept kicking you?

» SOCIAL

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Have you ever given in to peer pressure?
When?

» SOCIAL

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When is a time you have felt empathy for someone?

» SOCIAL

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What would you do if you realized you had been mean to someone?

» SOCIAL

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Would you rather go to the zoo or the aquarium? Why?

» WOULD YOU RATHER

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Would you rather the weather be very hot or very cold? Why?

» WOULD YOU RATHER

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Would you rather be able to fly or be invisible? Why?

» WOULD YOU RATHER

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Would you rather be able to control water or fire? Why?

» WOULD YOU RATHER

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My Favorite Animal

Name _____

Share through words or illustration your favorite animal.
Why is it your favorite? Tell someone.



Find more games and activities at pbskidsforparents.org

My Favorite Animal

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Interviewer: _____



Family Interview

Ask each other these questions, and see yourself through your family member's eyes.

What do I call you? _____

What are three words that describe me? _____

What is my best quality? _____

What do you like most about me? _____

What is the best thing I bring to our family? _____

What is the silliest thing I've ever done? _____

What makes you proud of me? _____

What surprises you about me? _____

What am I really good at? _____

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DANIEL TIGER'S NEIGHBORHOOD

You'll Feel Better Again Jar

10 min activity

By MJ Jackson

<https://www.pbs.org/parents/crafts-and-experiments/youll-feel-better-again-jar>

Make a simple You'll Feel Better Again Jar out of materials from around the house. Use this activity to talk with your child and find out about the activities that make them feel better.

It's been several months since we started staying at home due to COVID-19. For a homebody like me, it has been a much needed break from the everyday hustle and bustle with children. My children thought it was fun the first month or so too. But over the last few weeks, each of them has had moments of sadness and longing to be around other people. They have asked to go to the park, the pool, a movie and even to stay in a hotel because it's summer vacation.

When the sadness started to surface more, we sat down and created a You'll Feel Better Again Jar after watching and listening to the Daniel Tiger's Neighborhood song "It's Okay To Feel Sad Sometimes." Having input on what things we can do to feel better from even the youngest child in your home is key. My five-year-old really took charge of the planning phase of this activity and I was more than happy to let him. I added in a few things to the list that allowed them to still connect to cousins and friends in a safe way like having a video call. You can use some of our ideas or help your child come up with their own.

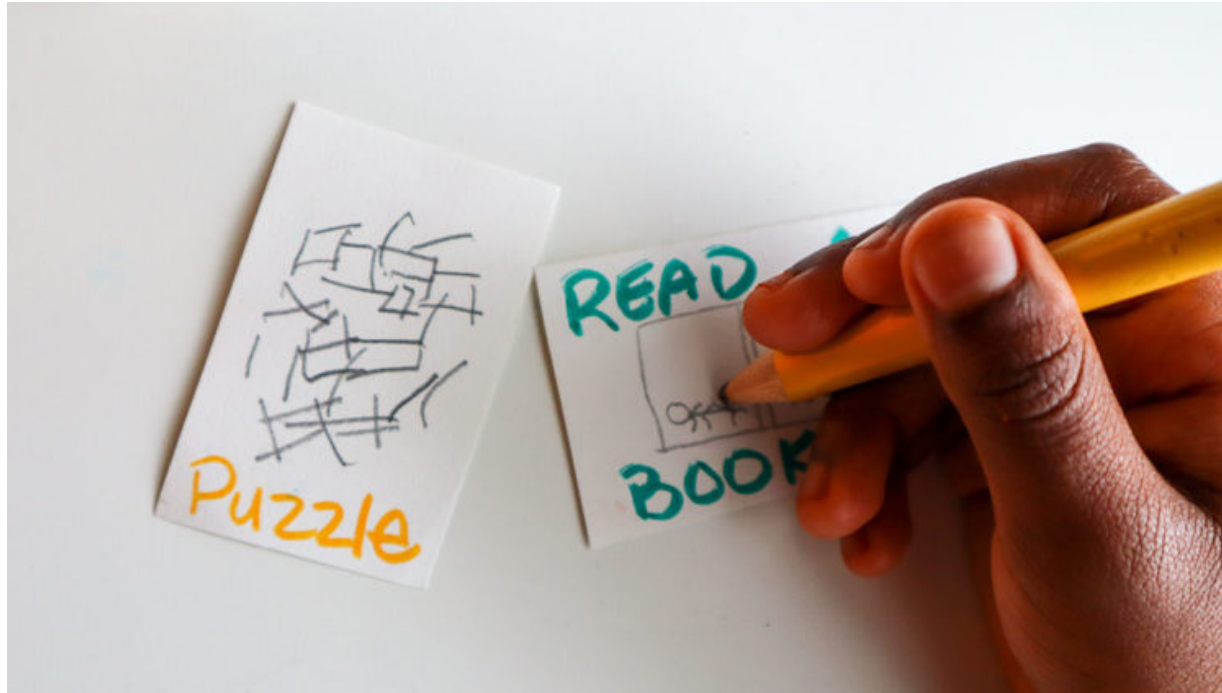
Materials

- Can or jar
- Paper
- Pencils
- Crayons
- Markers
- Popsicle sticks and decorative craft supplies
(optional)



Directions

- 1** Talk with your child about their feelings. Then, create a jar filled with activities to do that help you feel better. Watch the Daniel Tiger's Neighborhood video "It's Okay To Feel Sad Sometimes" to get some ideas.
- 2** Ask your child to share "feel better" ideas with you. You and your child can choose to draw or write the idea out on paper or popsicle sticks. We liked to do a combination. Here are some ideas you and your child might consider using:
 - Stuffed animal show
 - Blow bubbles
 - Write a letter or draw a picture for a pen pal
 - Sing songs
 - Video call a friend
 - Hug It Out
 - Take deep breaths
 - Yoga
 - Today I was happy when (make a gratitude card)





3 Let your child have fun decorating the jar the ideas will be placed in. You can write out "Feel Better Jar" or any other name you choose.



4

Put the You'll Feel Better Again Jar in an easily accessible place that your child can safely reach.



- 5** Whenever your child starts to feel sad, suggest picking out a feel better popsicle stick or paper from the jar. Remind your child that he can use the jar anytime they want.



6 The activity may be just what your child needs at the moment to turn things around. It may help your child talk about the activity or how they are feeling. Continue adding new "feel better" ideas to the jar and encouraging your child to explore their feelings.



We hope you had fun together! Snap a photo of you and your child doing the activity and share it with us on Facebook, Instagram or Twitter. We'd love to see how it turned out!

Want more "Daniel Tiger's Neighborhood" activities? Check out the Make a Silly Folded Picture craft and the Practice SUPER Morning and Bedtime Routines activity to continue the fun!

MJ Jackson is the editor of the blog, What MJ Loves, where she shares about all things home, family and gardening. She lives for having fun and making memories with her husband and children in the suburbs of Atlanta.

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<https://www.pbs.org/parents/crafts-and-experiments/youll-feel-better-again-jar>