NEW YEAR EDITION

JANUARY 2021

LEARNING TREE THERAPY NEWSLETTER

r llew



In this issue:

- Paper Sparkler Craft
- New Year Hand Craft
- New Year Sensory Bin
- Tips to provide sensory support
- Speech Therapy Tips and Strategies







Paper Sparkler



Materials

- A4 colored cellophane sheets
- Tin foil
- Jumbo Straw
- Sticky Tape
- Scissors

Procedure

 Cut a sheet of tin foil to the same size size as the A4 cellophane. Choose two colors of cellophane and sandwich the tin foil between them.

- 2. Fold the 3 layers in half lengthwise or nearly in half to give different lengths of tassel
- 3. From the open end cut strips towards the fold along the lengths of the strips
- 4. Wrap the cut cellophane and foil tightly around the end of straw using sticky tape every now and again to secure it.
- 5. Continue rolling until all of the cellophane and foil is tightly wrapped and stuck around the end of the straw.
- 6. Gently open out all the individual layered strips to give a wonderful pom-pom like head

Hand Painting



Happy New Year!

Materials

- paint
- construction paper
- Permanent Marker
- Glitter Glue (Optional)
- Paper plates
- Cute hands (highly encourage the whole family to contribute each hand!)

Procedure

- Spread or pour the desired color of paint on paper plate
- Press hand onto paint gently but firm to avoid splashing- hold for 5 seconds
- Move hand over the construction paper to repeat in four locations
- 4. Draw numbers with glitter glue to reflect year

New Year Sensory Bin



Materials

Procedure

- Large Plastic Bin (IE. under bed size storage bin)
- Shredded paper or gift bag filler
- Confetti
- Assorted New Year's party decorations beads, party horns, hat, etc
- Foam letters & numbers (optional)

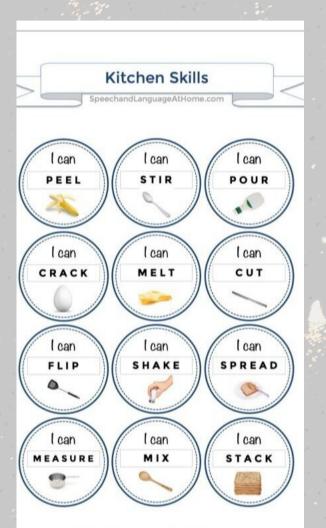
 Put the paper, confetti, numbers and letters, and party decorations into your bin and invite your children to play. That's it!

- Tips for Sensory Support for Going Places
- 1. Provides **advanced warning** prior to transitions to increase predictability for children and to allow them to feel more secure.
- 2. When making a schedule, allow the child to **contribute**, **share** the schedule, and make sure to **stick** to it!
- 3. Plan a specific space for **sensory timeouts** when planning activity
 - Take a time-out on the couch
 - Suggest a walk or stay in an airconditioned car for 10 mins
 - Make a go-bag with favorite calming activities

Have a reasonable exit strategy in place and be ready to use it if the time comes

- Give the kiddo a graceful exit (i.e. a wave) to let you know he/she had enough.
- Don't wait to leave. Avoid reaching the breaking point and increase anxiety for next outing.
- 5. Look for sensory friendly activities
 - reduced noise levels
 - lower lighting

Speech Therapy



Copyright @Lia Kurtin M.S., CCC-SLP www.SpeechandLanguageatHome.com

4



FOLLOWING DIRECTIONS: THE ABILITY TO FOLLOW DIRECTIONS IS A CRUCIAL LANGUAGE SKILL NEEDED FOR ACADEMIC AND SOCIAL SUCCESS. BELOW ARE SOME IDEAS TO PRACTICE FOLLOWING DIRECTIONS WHILE COOKING.YOU CAN PRINT AND CUT OUT THE BADGES ON THE LEFT, AND THEN REWARD YOUR CHILD AS HE/SHE MASTERS THE NINE COOKING SKILLS- YUM! SEQUENTIAL: THIS DIRECTION IS MULTI-STEP AND SOMETHING HAS TO BE DONE FIRST, SECOND, ETC.. "GIVE ME THE SPOON FIRST AND THEN THE BOWL." **BEFORE/AFTER:** "POUR IN THE MILK AFTER YOU POUR IN THE FLOUR." SPATIAL: GIVE A DIRECTION WITH A SPATIAL ASPECT (UNDER, OVER, ABOVE). "GET THE SPOON WHICH IS UNDER THE TOWEL." QUANTITATIVE: "GIVE ME A FEW CHOCOLATE CHIPS." "PUT IN A LOT OF COCONUT." BASIC: "GET THE FLOUR."





Long Beach: (562) 317-5030 3777 Long Beach Blvd #400 & #480 Long Beach, CA 90807 Garden Grove: (657) 263-4836 12419 Lewis St #102 Garden Grove, CA 92840 Harbor City: (424) 250-9615 24328 South Vermont Ave. Ste #318 Harbor City, CA 90710

Stay Connected on Social Media

@learningtreetherapy