

# LEARNING TREE THERAPY NEWSLETTER



## *Happy New Year*

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# Paper Sparkler



## Materials

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

## Procedure

1. 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



## Materials

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

## Procedure

1. Spread or pour the desired color of paint on paper plate
2. Press hand onto paint gently but firm to avoid splashing- hold for 5 seconds
3. 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

- 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)

## Procedure

- 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 time-outs** when planning activity
  - Take a time-out on the couch
  - Suggest a walk or stay in an air-conditioned car for 10 mins
  - Make a go-bag with favorite calming activities
4. 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



## 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."



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