

Speech, Language & Daily Routines



GROCERY SHOPPING



Ideas to support use of language...

- ☑ Use action words like “pick”, “choose”, “buy”, “”, “” and “eat”
- ☑ Use descriptive words like “shiny”, “round”, “juicy”, “ripe”, “smooth”, “bumpy”, “fresh”
- ☑ Use sequencing words like “first”, “next” and “last”



Ideas to support understanding of language...

- ☑ Make a list of all the foods you need to buy and draw simple pictures beside them so that your child can help you find them while you shop!
- ☑ Have your child follow simple directions as you shop (e.g., “get a cucumber”, “pick two red apples”)
- ☑ Show the difference between concept words like “soft/hard”, “smooth/bumpy”, “big/small”, and “in/out”

Ideas to support speech sounds...



- ☑ Practice “k” sounds:
 - See how many foods you can point out that start with the “k” sound (e.g., carrots, cupcakes, cantaloupe, cauliflower, Kraft Dinner, kidney beans, kale)
- ☑ Practice “s” sounds:
 - See how many foods you can point out that start with the “s” sound (e.g., soup, sandwich, celery, salami, sunflower seeds, sausages, salmon, soy sauce, salad dressing)

Build on it!



Read or listen to a book:

- “Maisy Goes Shopping” – Lucy Cousins
- “Let’s Go Shopping, Peppa” – Howard Hughes
- “Pete the Cat’s Trip to the Supermarket” – Kimberly and James Dean

Sing or listen to a song:

- “Shopping at the Grocery Store”
- “Supermarket Song”

Play Together:

- Pretend you’re going grocery shopping at your house. Make a list of things to buy (toys or real) and then shop for them using a box or a laundry basket as your cart!
- Sort your child’s play food in different ways (e.g., things that are smooth, things that are small, things that are yellow)

