



LEARNING LANGUAGE OUTSIDE



What language skills can I work on outside?

Language is a skill that can be grown in any environment, especially in hands-on outdoor activities. Active and engaged play will motivate your child to practice their language skills. The following skills can be practiced outside:

- sentence length • basic concepts • similarities/differences • grammar • vocabulary • following directions • categories • answering questions • turn taking • staying on topic • speech sounds • letter knowledge •

Some basic language expansion strategies include:

- **Follow your child's lead:** talk about and play with things that your child is interested in.
- **Self-talk:** talk about what you and your child are doing, seeing, eating, touching, or thinking. We are not expecting the child to respond or imitate what you are saying.
- **Extend and Expand:** add correct grammar to your child's sentences and expand on what they have said by adding new words or ideas.
- **Question a little, not a lot:** questions tend to put our children on the spot, shorten their responses and end conversations. Remember to balance questions with comments. Try to say three comments before asking one question. Pause and wait for 5 seconds before repeating the comment or question
- **Point out words:** point out written words in your day to day activities. Encourage your child to help write your shopping list or point out signs they see around the house and out in the community.

Daily Practice Ideas

Day 1: Play hide and go seek outside and talk about locations like: beside, behind, in front, under, in, between.

Day 2: Go for a walk in the community. Talk about community helpers. As you go, look for community helpers and discuss what they are doing.

Day 3: Go to the park. Talk about what you are doing and use lots of action words like: jump, roll, slide, splash, run, spin.

Day 4: Go on a nature walk and collect leaves, rocks, twigs, and flowers. Talk about how they are the same/different. Use words to describe their shape, color, texture, and sizes.

Day 5: Play with a ball outside. Take turns back and forth and encourage your child to follow directions to roll, throw, and kick the ball to different places

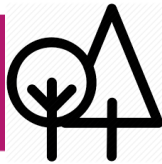
See back of page for additional information and resources!

ADDITIONAL INFORMATION

Check out these links for more resources and activity ideas

- Try making your own outdoor toys such as [sidewalk chalk](#) and [bubbles](#).
- Lots of children's books will encourage you to go outside. For example, "[Chalk](#)" by Bill Thomson, "[Not a Stick](#)" by Antoinette Portis, or "[Leaf Man](#)" and "[Planting a Rainbow](#)" by Louis Ehler.
- Check out this handout from Talk Box on outdoor activities with preschoolers in the [spring](#) and [summer](#) - it includes some great book, songs, and activities for you to try.
- This [podcast from Speech and Language Kids](#) includes some fun ideas on how to incorporate speech and language goals outside, including fun and engaging activities.

Outdoor Adventures



Remember some of your favorite outdoor games that you played as a child. Some of the best games and activities involve little to no materials like:

- Red light, Green light
- What time is it Mr. Wolf
- Play Tag
- Simon Says
- Hopscotch
- Draw with chalk
- Treasure hunt
- Play with a ball
- Obstacle Course

Nature Hunt Bingo

Get 5 in a row - up, down, across or diagonal to win!

