Paper Plate Ice Skating

Place two paper plates on the floor and have your child put one foot in each one. The paper plates will stick to their feet a lot better without socks on. However, if they want to keep their socks on, you can always tape their feet to the plates. Show them how they can glide on the floor with the paper plates. Turn on some music and have an ice-skating dance party! You will find some extra plates included, so feel free to skate along with your child or have siblings join in on the fun.

SOME IDEAS OF SPEECH AND LANGUAGE SKILLS TO INCORPORATE INTO THIS ACTIVITY, DEPENDING ON WHAT YOUR CHILD IS WORKING ON:

❄ Use the following core vocabulary words and phrases to talk about what you're doing.

- **put** (***put*** feet in skates, ***put*** them on floor)
- **on** (skates ***on*** feet, turn music ***on***)
- **go** (***go*** skating, Ready, set, ***go!***, ***go*** over there)*
- **stop** (***stop*** skating, ***stop*** the music)*

* Could play stop and go game, where child has to ***go*** when you are playing the music and ***stop*** skating when you stop the music.

❄ Work on using the pronouns *I, you, he, she, we,* and *they* when you talk about who is skating. For example, if older sister is skating, you might model the sentence, "***She*** is skating!"

❄ Give your child silly directions, or you can even play Simon Says, to work on the concepts of *forward, backward, fast, slow, around, in front of, behind, between, next to, etc.* For example, say, "Skate ***backward***!" or "Simon Says skate ***around*** me."

❄ Ask and answer wh- questions, such as "*Where* can we go ice skating?" (On the ice.) "*What* should we wear when we ice skate?" (A coat, hat, mittens, etc. to stay warm.) "*Who* could go skating with you? (Answers will vary.)

❄ Practice any tricky speech sounds that occur. For example, to work on pronouncing the /k/ sound, help your child practice saying the sound in the back of their throat while saying "**c**old" or "**c**oat." Words to help your child work on saying the /s/ sound ("hissing sound") followed by another sound (like /st/, /sp/, /sm/, /sn/, etc.) could be "**sk**ating," "**sl**ip," "**sl**ide," "**sl**ow," "**sp**in," "**st**op."