Supporting Social Success & Communication During COVID-19 School
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The following functional activities are excellent ways to support:

- **Being Social**
  - Thinking about others
  - Flexibility
  - Responsibility

- **Language & Speech Development**
  - Expressing thoughts and feelings by talking or writing
  - Listening & Reading Comprehension

- **Executive Functions**
  - Attention
  - Planning
  - Organizing
  - Task Completion

- **Self Help/Activities of Daily Living**
  - Hygiene
  - Self Talk
  - Problem Solving

- **Social-Emotional Management**
  - Mood
  - Reaction
  - Strategies for staying or returning to calm & Happy (GREEN Zone: Zones of Regulation)

**Play a Game:**
You can play as a family or just a few players.
Before you play, think about: who goes first/where to position the board/which way to pass the dice or take turns/what is my role = guesser, clue giver, time keeper, etc

While playing: stick to it/attention to the action - knowing when to take a turn/
@the end: Winner = good sportsmanship; Loser = good sportsmanship

**Make up a Game or Activity:**

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Think camp games or games you may play to pass the time in the car or waiting for an appointment.

- **Make a family word or phrase story:** start with “Once upon a time”, or “One Day,” the next person must add another phrase to the story, such as: **One day, I went to the beach** the next turn must add another phrase or start a new sentence.
  - Modification: Write the story down as you are creating it or if you child is practicing writing, have them write the story down. This will also help all of the players remember the sequence of events. Have someone retell the story at the end.

- **Play I am going on a picnic** and I am going to bring (start with A; the first person to go says apple, the next person says, I am going on a picnic and I am going to bring an apple & barbeque potato chips. The next person to take a turn says the items before them and then an item starting with letter c.
  - Modification: If it is difficult to remember all the items, you may write down the items on a piece of paper that is visible to all

- **Drawing Collaboration:** Start with a line or a shape and each take turns adding a line or shape to create a familiar visual; After, if your child loves to color, ask them to color the creation; Next, ask them to make up a story about the creation

- **Learn and sing a new song:** make up a song or find lyrics and learn/sing a song together

- **I spy:** One player is the spotter. Other players are the guessers. Look for that item the spotter spies!
  - Modification: Play as you would 20 Q’s where guessers can ask up to 20 y/n questions about the item. You can play this without the item too

- **Obstacle Course:** Collaborate on the obstacles & the route to take

**Play a Commercial Game:**

<table>
<thead>
<tr>
<th>Elementary</th>
<th>Middle/High School</th>
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<tbody>
<tr>
<td>Candyland</td>
<td>Bubble Talk</td>
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<tr>
<td>Chutes &amp; Ladders</td>
<td>Charades</td>
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<td>Who am I?</td>
<td>Pictionary</td>
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<td>Where am I?</td>
<td>Things</td>
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<td>Mad Libs</td>
<td>create a music playlist to go with a mood or a holiday</td>
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<td>LEGO challenge (make a weekly or</td>
<td>Code Names</td>
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Functional Household Activities:

- Create a sunshine jar. Place inspirational quotes or memories on a slip of paper. Pick one per day to share as a group. Have a conversation about the thoughts that paper elicits for each person.
- Create an activity jar. Activities or jobs are placed on pieces of paper and folded up inside; each day or ___ times per day, the student/family members pick an action to be completed (you can be as specific as you like & you choose which activities can be included)...if the child needs a shower every day, then do not put that in the activity jar....(see the next bullet)
- Make/Follow a daily schedule
- Manage one’s own hygiene (teeth brushing, shower, bath, washing hands, etc)
- Set the table
- Do the dishes
- Clean your room
- Learn to do/do laundry
- Help with:
  - Making a meal
  - Planning the menu for diners each week (if Take Out; what are the menu options? What are the hours of the place? How do we pick up or do they deliver?)
  - Yard work - plant flower seeds and watch them grow!
  - House work
- A cooking project/baking
- Plan an outing:
  - Where will you walk, ride your bike, etc.
  - What will you need to get ready?
  - Who do you need to tell?
  - What will you need to bring?
  - How will you know you are done?