

Alternative Learning Menu 6

Instructions: Choose from the options below. Enjoy as many or as few as you have time for.

Functional Academics	Leisure Skills	Communication /Language Skills	Life Skills	Motor Skills
<p>Write numbers inside cupcake wrappers then have your child place the correct number of objects (e.g., buttons, pompoms, Lego , Goldfish crackers) into each wrapper. Vary the numbers based on your child.</p> 	<p>Pretend play with your child. Try playing store, restaurant, or ice cream stand together.</p>	<p>To encourage communication with your child, try to use short sentences – for example, ‘Shirt on. Hat on’.</p>	<p>Show your child how to wash and dry fruits and vegetables. Add an additional learning component by exploring colour, size, texture, etc.</p>	<p>Have your child practice coordination and gross motor skills by tossing a bean bag. Set out a box of bean bags and several targets for your child to throw the bags into such as hula hoops, buckets or laundry baskets.</p>
<p>To develop your child’s ability to sequence have them put items in order from: most to least, tall to small, empty to fullest.</p>	<p>With your child, plant seeds from something you’ve eaten, such as an apple or watermelon.</p>	<p>Hold onto an object that your child wants for a few extra seconds before letting your child take it. This encourages your child to look towards your face when they don’t get the object immediately.</p>	<p>Does your child like eggs? Why not work together to make scrambled eggs? Follow the easy steps in a visual recipe from accessiblechef.com</p> 	<p>Kitchen tongs are a great tool for working on hand strength and control. Use them during clean up time to make a game of picking up toys.</p>

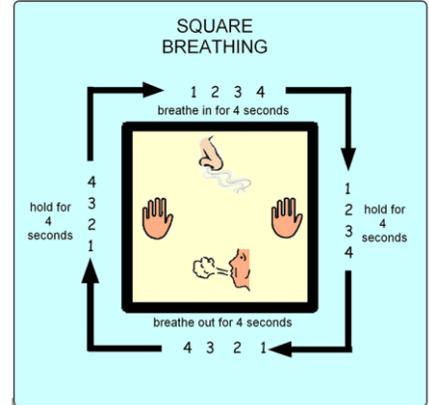
I can take 5 deep breaths

1	2	3	4	5

breathe breathe breathe breathe breathe



Self-Regulation is the ability to recognize and manage your emotions and behaviours. Using a breathing strategy is one tool you can use to help promote and develop self-regulation in your child.



scrambled eggs



**you will
need:**



egg



1 tablespoon
milk

tools:



mug



tablespoon
measure



spoon



microwave



fork

steps

1



crack egg
on mug



open egg
into mug



take out
shell



wash hands

2



1 tablespoon
milk



pour into
mug



stir with
spoon

3



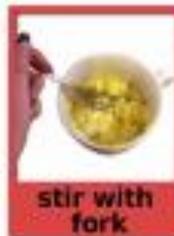
put in
microwave



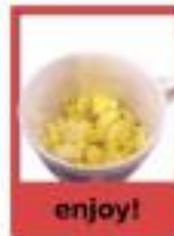
cook :45
(45 sec.)



wait-
it is hot!



stir with
fork



enjoy!