

Bluhm Playground Activities



219-325-8315

Speech/Language/Cognition

Balance Beam



- Using the balance beam is a great way to target receptive language skills and gross motor skills.
- As your child moves down the balance beam, model words such as "slow" and "fast" and have them follow those directions as prompted.
- Have your child follow directions to "walk forward, walk backward, side step, move left, move right, squat and move." This targets both receptive language skills and gross motor skills.



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Generation Swing



- While facing your child, work on imitation skills by having the child pump their feet as you do, or imitate your facial expressions or exclamations (i.e. "weee" or "yay") while swinging.
- Expressive language skills can be targeted by focusing on some key words related to the swing such as: ready set go, stop/go, up/down, back/forth, fast/slow, using signs or AAC if the child is nonverbal.

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Rockwall



- The rockwall can be used for expressive and receptive language skills.
- As your child moves along the rockwall, practice modeling the words "up, down, stop, go, left, right."
- Practice following directions with a Simon Says game, such as Simon Says, "right hand, left foot."
- Practice taking turns with a peer giving directions to work on expressive skills, then follow your peer's directions to work on receptive skills.



Speech/Language/Cognition

Wave Slide

- While your child is on the slide, use words such as: "fast/slow, slide, up/ down, whee, whoa, bumpy, push, ready set go, 1-2-3 GO, and stop/go."
- Practice phrases: "I am sliding or you/we are sliding."
- While on the slide, you can work on having the child imitate your actions (making silly faces/ noises, counting/ singing, or following directions with their body).
- Practice taking turns going down the slide ("My turn/ your turn")

Simon Says Reach Panel

- Your child can spin the wheel and find out what Simon says to do. This will help with receptive language skills as the child can follow the direction Simon gives. This provides auditory input for following directions and visual cues with the pictures.



Speech/Language/Cognition

Theater Panel

- Target expressive language skills by having your child put on a show for you. Tell stories while showing facial expressions and using a rich vocabulary, using signs or AAC if the child is nonverbal.
- Target receptive language skills by having the child play a guessing game similar to charades (i.e. pretend to be a cat and have the child guess what animal you are). Also have the kiddo imitate you from behind the panel for example, have the child imitate your facial expressions, movements or animal sounds while putting on a show.





Fine Motor/Sensory

Parachute Guy Panel

- The Parachute Guy is a great way to work on grasping, motor planning, and visual tracking. Have your child use one hand to move the guys down to the bottom, and then the other hand to move them back up.



Wave Slide

- **Sensory Activities:** The wave slide is a great way to provide Active Proprioception/Heavy Work, and Vestibular input. Climbing the ladder provides muscle and joint input and works on coordination and motor planning. Moving down the slide gives Vestibular input through the movement of going down the slide.



Speech/Language/Cognition



Quiet Grove

- Offer the child options to help calm them: deep breathing while sitting, standing, or stretching. Verbal productions to use while on the bench: "sit down, stand up, stretch, shhh, all done"
- Allow the child to imitate your actions with each gadget. Vocabulary words to use while using gadgets include:

Fidget Spinner: " go go go, spin, wow, whoa,my turn/ your turn"

Straight path: " Up/ down, bumpy"

Wavy Path: "Up/ Down, bumpy, whee"

Light Switch: "On/ off, push, my turn/ your turn"

Hand Prints: "Push, hands up, my turn/ your turn, grunting sounds"



Fine Motor/Sensory

Simon Says Reach Panel



- Sensory Activities: The Simon Says Reach Panel provides numerous sensory activities to see, hear, and touch.
- Fine Motor Activities: Have your child use their thumb and first two fingers to grasp and move the knob to spin the wheel, and to move the knobs to keep score.

Rock Wall

- Sensory Activities: The rock wall is a great way to provide Active Proprioception/Heavy Work. Climbing the wall provides great opportunity to work on strengthening, motor planning, and coordination.