

# Activities to Support Social Language at Home

## Elementary Social Language Learners



Play simple board games together (think Hi Ho Cherry Oh, not Monopoly) to reinforce turn taking, keeping your body calm and in a group, using your eyes to read the room and think about others, following rules and using language.

Hi Ho Cherry Oh is a great game to work on the Zones of Regulation. The four colors of the buckets are the same as the Zones, red, blue, yellow, green. For each spin, ask your kids to tell you a corresponding number (example, if you spin a 4) things that they feel when they are in the blue zone (sad, tired, sick, disappointed) or strategies to get back to the green zone (calm, happy, ready to learn)! Learn more about the Zones of Regulation here: [www.zonesofregulation.com](http://www.zonesofregulation.com)

Play I Spy games to work on using our eyes to read the room and figure out what other people are thinking about. Look at an object in your area, it may have to be very obvious at first, and then ask your child to follow your eyes to guess what you are looking at. No helping with words, just practice following along with what someone is looking at with their eyes! Take turns to practice being the leader and the followers. Find out more about using our joint attention here:

<https://www.youtube.com/watch?v=qOV9leqRJYw>

Take a brain break and go outside (if you can), and play the statue or freeze game. Each person takes a turn freezing like a statue and others have to follow the model.

This is great for using our eyes to think, modeling non-verbal body language and having a calm body and following a group plan!

Charades is a fun way to act out emotions with your kids (no talking!). You can use pictures to model for your kids if they need that cue to imitate a facial expression and body posture that goes with different emotions. Once the emotion is guessed, you can talk about the clues they used to make a good guess and even what might make them feel that way (connect the Zones of Regulation language here too if you are using that).

Watch Pixar clips on Youtube (video short films without words) to work on identifying the problems, solution and characters in the video. Talk about how the characters might feel or what they could be thinking. Describe the sequence of the story (beginning, middle and end). Stop during the video and ask your child to make a prediction about what they think might happen next.

Keep a journal to draw a picture or write something about your day that was great, not so great or somewhere in between! Your child can illustrate or dictate to you if they are not writing yet. It is sometimes easier to draw a picture about how we feel rather than find the words.