

# Summer 2021

# Listening Calendar

## • Instructions for Use •

Welcome to your summer listening calendar! We hope you will find this useful and helpful for promoting your child's listening and spoken language development. Here are some instructions for use:

- Keep this calendar in a highly visible place in your home (on the fridge, on your child's bedroom door, etc)
- Check off each day as you complete the activity
- Each day has a suggested activity - but it's okay to change up the days for the activities - maybe your weekly routine is to go grocery shopping on Sundays, etc.
- Loop in the whole family! This doesn't have to be just an activity for your child with hearing loss. Everyone can benefit from the fun.

## • A Few Specific Notes •

**NATURE WALKS** - this can include any time you spend outdoors with your child, but it is meant to be an intentional time without technological distraction that you and your child are together. Some suggested activities to build listening and spoken language:

- Play "I Spy"
- Collect items (leaves, flowers, rocks) and talk about how they're each different from or similar to each other as you gather them.
- Notice the weather and how you feel (I feel a breeze! / There are no clouds today.
- Listen for birds (Oh! I hear something! Did you hear it?)
- Be silly - try different ways of walking ("Let's pretend we are giants" (take big steps, can make deeper voice), or "Let's pretend we have noodle arms" - wiggle arms around).

**Highlight Vocabulary** - repeat the new vocabulary in different ways, *emphasizing* the word - a little louder and slower than other words in the sentence ("Look at the COZY blanket. It feels so soft and COZY. I like to curl up so that I feel COZY warm,").

**CHOICE DAY** - show or give your child choices throughout the day and encourage them to respond verbally rather than just by pointing to what they want.

**Make or Cook in the Kitchen** - be a commentator. Narrate all of your activities as you do them ("Look at this zucchini. I am going to cut it up. Cut, cut, cut. Now put it in the bowl, and mix it up. Mix, mix mix.")

**Match Your Pitch to Your Drawing** - pitch can go UP, DOWN or FLUCTUATE - you can reflect this in drawing a rising line, a falling line (going down) or a wavy line (up/down). Pitch tells us when someone is asking a question (rising intonation).

## • Instructions for Use (Cont'd) •

### ANIMAL YOGA POSES:

- **Cat Pose:** also, Tiger, Lion, Sheep, Jaguar, Leopard, Cougar (Come to an all-fours position, round your back, and tuck your chin into your chest. Pretend to be a kitty cat.)
- **Cobra Pose:** also, Snake, Cobra, Sphinx, Seal, Swan (bend legs, Lie on your tummy, place palms flat next to your shoulders, press into hands, lift head and shoulders off ground, and hiss like a snake.)
- **Cow Pose:** (On all fours, look up, arch your back, and open your chest.)
- **Downward-Facing Dog Pose:** (From a standing position, bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs.)
- **Horse Pose:** (Stand with your legs apart, feet facing slightly outwards, bend your knees, and stand firm like a horse.)
- **Frog Pose:** (Come down to a squat, and waddle like a duck.)

### RECIPES:

**Fruit Salad:** mango, peach, kiwi, apple, strawberries, grapes, blueberries (any fruit will do!)

- **STEP 1** - Chop up big fruits into bite size pieces. Talk about the different colors, shapes, textures as you cut. **STEP 2** - Mix, Mix, Mix (can add honey or lemon juice) **STEP 3** - Enjoy!

- Language: cut/slice, dump, smooth, fuzzy, sweet, juicy, more/less, bigger/smaller, combine

**Lemonade:** freshly squeezed lemon juice (1 1/2 cups), cold water (5 cups), sugar (1 1/2 cups), lemons (2, for garnish), Ice

- **STEP 1** - Combine lemon juice, water, and sugar into a large pitcher and stir until sugar is completely dissolved. **STEP 2** - Drop lemon slices on top of lemonade. **STEP 3** - Top with ice to keep it nice and cold. (<https://kidsactivitiesblog.com/>)
- Language: stir, pour, sour/tart, cold, measure, dissolve, spatula, squeeze, refreshing

## • The WHY Behind Activities •

- *Why is it important for children with hearing loss to laugh?*
  - Research shows that "the conceptual and language skills of humor could be impacted if children [with hearing loss] do not hear some of the subtleties of language" (Nwokah et. al 2013). It is important to share humor with your child and, further, to explicitly explain WHY something is funny (e.g., it is a pun, or it is something that is not socially appropriate or typical).
- *Why is it important for children with hearing loss to do something for someone else (e.g., write a letter to a friend or teacher)?*
  - Research has shown that children with hearing loss often fall behind peers in showing empathy and developing theory of mind (understanding another's thoughts or feelings beyond their own). As family members and therapists, we have to work to point out emotions, situations, and scenarios to our children with hearing loss so that they don't miss these important social connections. Reading books is also a great way for children to develop empathy - particularly for people who are different from them.
- *Why is it important for children with hearing loss to advocate for themselves using technology?*
  - Recognizing and speaking up for their needs is a huge milestone in a child's development. This can be implemented as early as preschool years when a child speaks up to let a teacher know his/her hearing aid battery has died. We build the foundational skills to provide our children with the confidence and then model the language they need to speak up for their hearing needs across a variety of situations. This is particularly true as technology (use of smartboards, tablets, computers) becomes more widespread in schools.