

## Bury Paediatric Speech and Language Therapy

### Phonological Awareness Pack

This pack aims to help children develop their phonological awareness skills. Phonological awareness is the ability to identify and discriminate between different sounds of speech.

Below are a set of activities to work through with the child.

- **Activity 1** is about developing active listening skills
- **Activity 2** is about recognising syllables
- **Activity 3** is about increasing your child's awareness of sounds

You may work through the activities that you find suits the child best. It is better to carryout the activities for a shorter period of time with lots of repetitions, than for a longer period of time will less repetitions.

# Activity 1

## Developing active listening skills

- **Ready, steady go!:** Your child must listen for the word 'Go!' before performing an action, for example, racing cars, throwing balls, throwing beanbags at a target, posting objects.
- **Listening for different musical instruments:** Your child must close their eyes and you play the instrument, then they must guess which one it was. You can make this more difficult by hiding the instruments around the room.
- **Animal noises:** Have pictures of familiar animals, make the animal noise and get your child to identify it.
- **I-spy:** This game is helpful to start playing as soon as your child is ready, to encourage them to start thinking about listening to sounds.
- **Listening out for their name:** Make a story with your child's name in it. Get your child to put their hand up when they hear their name.



## Activity 2

### Phonological Awareness at Syllable Level

#### Segmenting Syllables

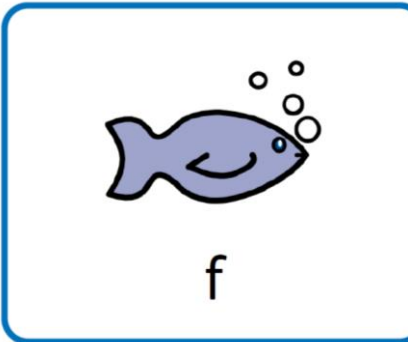
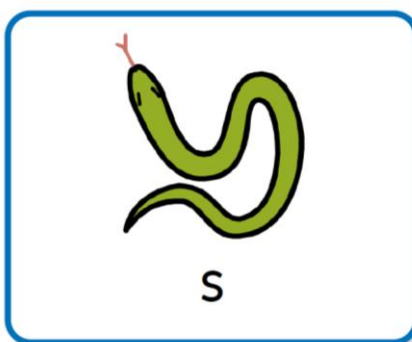
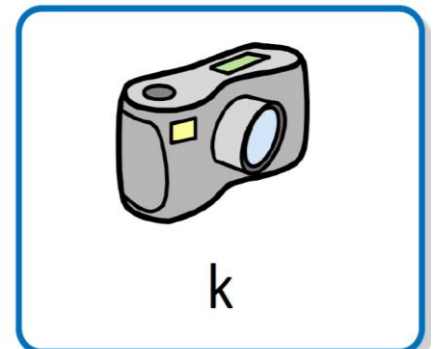
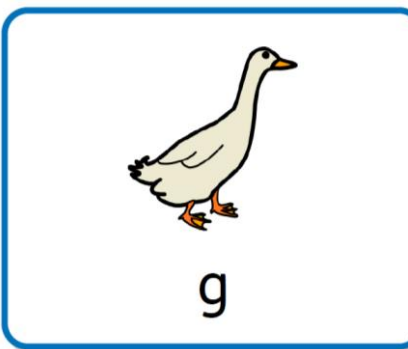
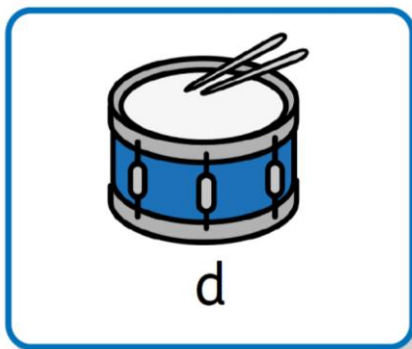
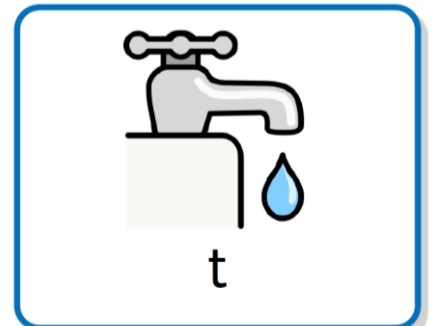
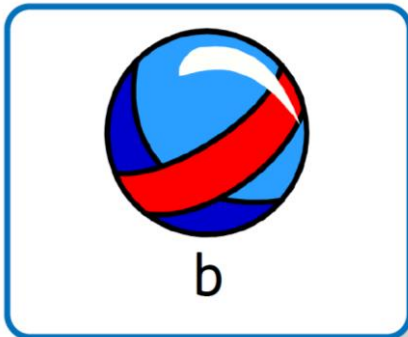
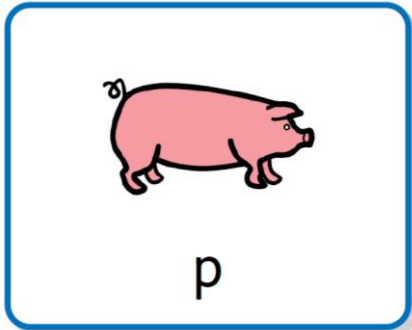
- **Nursery rhymes:** Sing the child's favourite nursery rhyme or song and have them clap along with the different syllables.
- **Reading a book:** Alternatively, while reading a book, occasionally say a word out loud and clap out the syllables with the child.
- **Syllable picture scrap book:** Print out pictures of objects / animals the child is interested in, or ask the child to draw these. Create a scrapbook together. For example, 'How many claps does apple have? A-pple. 2 claps!' 'How many claps does dinosaur have? Di-no-saur. 3 claps!' Clap the words out for your child, slowly, to listen to and encourage them to join in.

## Activity 3

### Phonological Awareness of sounds

- **Stepping stones:** Sound pictures are placed on the floor (picture set 1) across an imaginary river to make stepping stones. The child crosses the river by using the stones, naming each one as it is stepped on.
- **Dice games:** Stick sound pictures on to bricks or cubes and throw as dice. Your child may guess which picture will be on top when the dice falls.
- **Skittles:** Pictures may be attached to skittles. Your child must say which pictures he / she is aiming for before knocking them down.
- **Pass the Parcel:** Pictures are wrapped in several layers of paper. The parcel is passed from player to player until the music stops. The person holding the parcel when the music stops removes a layer of paper and keeps the picture he / she finds, and names it.
- **Hunt the Picture:** Pictures of items containing the target sounds are hidden around the room. The child names each picture as it is found.

Picture set 1



# Record of practice

*(1/2) Please record the dates of practice and a short comment about how the session went.*

Date	Comment



*(2/2) Please record the dates of practice and a short comment about how the session went.*

Date	Comment

