

## Weaving Sign Language into Daily Activities



- **Wake up:** When your little one wakes you can greet her with a *hello*, *Good Morning* and snuggles...and an “*I love you.*” 😊
- **Diaper changes:** This is a great time to introduce the sign for *diaper!*
- **Getting Dressed:** “We need to get dressed”, so this is a great time to introduce some simple signs like *shoes* and *socks*.
- **Breakfast:** All meal times are excellent times to introduce signing vocabulary. The signs *more*, *all done*, and *please*; are great ones to use during meal times but don’t forget to teach the children some names of their favorite foods! Maybe *banana*, *apple*, *bread*, or *milk* would be good ones to start with!
- **Play Time:** Now that you are up, dressed and fed, it is probably time for some play! What are your little one’s favorite toys? What does he love to play with? Some common ones are *car*, *ball*, *bear*, and *baby*.
- **Going for a Walk:** There are SO many things you may see on your walk to talk and sign about! Some may include *walk*, *run*, *tree*, *dog*, and *bird*.
- **Lunch Time:** Another meal time...what does your little one like to eat? *Sandwich*, *strawberries*, *crackers*?
- **Reading:** This is one of the BEST TIMES to work on your signing! Pick your child’s favorite book and look up some of the key vocabulary and starting signing!
- **Nap Time:** You can introduce signs such as *sleep*, *bed*, *blanket*, or *bear*.
- **Music/fingerplays:** Another fantastic time to introduce signs is during simple songs and fingerplays. *The Itsy Bitsy Spider* is great for the signs *spider*, *up*, *down*, *rain*, and *sun*. The ABC song is a great way to introduce the letters of the alphabet in sign. *The Wheels on the Bus* is great for the signs for *bus*, *wheels*, *up*, *down*, *open*, *shut*, etc.
- **Bath Time:** *Water*, *soap*, *wash*, *in*, *out*, are all great signs to introduce during bath time!