

March Freebie Packet for Families

How is it almost halfway through the month!?

If you know anything about me or my practice, you know I LOVE to incorporate play into my speech, feeding, language, and/or literacy sessions. If you have been to my home, then you know I am a sucker for toys, costumes and basically any pretend play fun!

But the truth is, you don't need much when it comes to play! You just need...well, your imagination! Whether your child is in a princess phase or obsessed with diggers and dinos, there is what to do when engaged and exploring play.

As your child gets older or develops foundational play skills, you may see their imagination expand to a new level. Allowing them to act out scenes or pretend to be what they want to be is super cool. Maybe your child needs a bit more support with their play skills. Whatever it may be, I hope you can find something in this packet that will suit your child's interests and needs.

Some pages provided are as simple as a print and hand off to your child for some independent, quiet fun (You are welcome!)? Other resources included may need you to guide them a bit more--As always, MEET YOUR CHILD WHERE THEY ARE AT:)

Remember, play is directly correlated to all language. Play is a powerful way for children to build language skills, as it encourages communication, expands vocabulary, and helps them practice new words in fun, meaningful ways.

Please don't hesitate to reach out if you have any feedback or ideas for future monthly freebies!

Wishing you a wonderful rest of March,

Johanna

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STADT
Speech



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Wondering which pages are best for your child? Here is a quick guide to navigating this packet. Have questions or want some extra ideas? Email me Johanna@readystadtsspeech.com

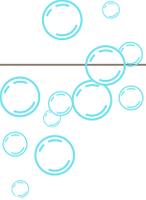
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Tag [@ReadyStadtSpeech](https://www.instagram.com/ReadyStadtSpeech) on Instagram or email me to let me know how you have used these resources!!!

Imaginative Play Calendar

Promote speech, language, and communication with babies and toddlers. Use everyday items and routines to spark playful interactions.

March 2025

MON	TUE	WED	THU	FRI	SAT	SUN
					1 - Use a banana (or toy) as a phone 	2 - Make silly faces in a mirror
3 - Blow up a balloon and let it drop 	4 - Pretend you're camping with a flashlight	5 - Set the table together	6 - Pretend to wash a toy in a bowl of water 	7 - Read a book but change a word 	8 - Play doctor with a stuffed animal 	9 - Play dress-up with your clothes
10 - In the car, point to things and say "I see a..." 	11 - Turn a cardboard box into a vehicle	12 - Look in the mirror- "Where's [child's name] or mama?" 	13 - Put a sock on your hand like a puppet	14 - Stir a pretend "soup" in a pot with a spoon 	15 - Pretend to be superheroes	16 - Throw a blanket in the air like a rocket 
17 - Use fingers to "paint" on a tray with food	18 - Play "Ready, Set...GO!"	19 - Sing "Row, Row, Row Your Boat" and sway 	20 - Hide a toy and say "Where is it?"	21 - Make music with pots and spoons	22 - Pretend to go shopping 	23 - Use your DIY Drum
24 - Put a hat on your head and pretend it's missing 	25 - Play "night-night" with a stuffed animal	26 - Splash water in a bowl or dare I say...bath! 	27 - Blow bubbles- big and small! "Pop! Pop!" 	28 - Play "feed the baby" with a toy 	29 - Build a pretend house with cushions or blankets	30 - Hop like a bunny 
31 - Use a spoon as a microphone 						

Imaginative Play Calendar

Promote speech, language, and communication with your child. Below are some quick ideas to pair with the Imaginative Play Calendar using everyday items and routines

March 2025

- 1- Use a banana (or toy) as a phone. Model greetings (e.g., "Hello!"), pause to let your child do something, and/or model a conversation.
- 2- Make silly faces in a mirror. Model feelings like happy or sad. Do they imitate you?
- 3- Blow up a balloon (pretend too!) and let it drop. Say "Up, up...down!"
- 4- Pretend you're camping with a flashlight. Say "It's dark! Where's the light?"
- 5- Set the table together. Give choices: "Fork or spoon?" or give them one napkin at a time to put "on".
- 6- Pretend to wash a toy in a bowl or bin of water. Hand them a spare sponge and model start/finish and actions associated with this routine.
- 7- Read a book but change the words! Use YOUR imagination.
- 8- Play doctor with a stuffed animal. Let your child be doctor or you can model the simple language "Oh no! Teddy has a boo-boo!"
- 9- Play dress-up with your clothes. Say "Look, I'm wearing Daddy's shirt!"
- 10- While in the car or stroller, point to things and say "I see a..."
- 11- Turn a cardboard box into a car or rocketship. Make "vroom" sounds and "drive" around or pair it around with "Drive My Car" or "Zoom, Zoom" song
- 12- Look in the mirror and make animal sounds together. "Moo! Roar!"
- 13- Use hand puppets to take on another character. Don't have one? Put a sock on your hand like a puppet. Make it "talk" to your child.
- 14- Stir a pretend "soup" in a pot with a spoon. Name ingredients together!
- 15- Pretend to be superheroes. Run around and encourage action words. Use phrases your child may be familiar with like "to infinity, and beyond!"
- 16- Throw a blanket in the air like a rocket. Say "3, 2, 1...Blast off!" Sign. "more" or model "mah, mah" or "more" to do it again!

Imaginative Play Calendar

Promote speech, language, and communication with your child.
Use everyday items and routines to spark playful interactions.

March 2025

- 17- Use fingers to “paint” on a tray with yogurt or pudding. Talk about colors, textures, temperature, and more!
- 18- Play “Ready, Set...GO!” with cars or just each other! Pause before “GO” to see if your child anticipates or joins in on the phrase!
- 19- Sing “Row, Row, Row Your Boat” while sitting and swaying together. Bonus if you can adjust the lyrics to child’s day (e.g., “[Name] is eating, eating his snack, it’s so yummy!”)
- 20- Hide a toy and say “Where is it?” Use motion for “where” and help to find (e.g., peek-a-boo!).
- 21- Make music with pots and spoons. Practice Go/Stop, Loud/Quiet.
- 22- Pretend to go shopping. List some items around the home in their view...“Can you find it?” or “Find the...” Guide as needed.
- 23- Use your DIY Drum made out of shoebox to sing along to any favorite playlist. Model actions, starting/stopping and sound or word imitation.
- 24- Put a hat on your head and say, “Where’s my hat?” Be silly and forgetful as if you don’t see it...get those giggles in!!
- 25- Play “night-night” with a stuffed animal. Say, “Shhh, teddy is sleeping!” See how your child copies this familiar routine.
- 26- Splash water in a bowl or bath if you are feeling adventurous. Use exclamatory words like “whoa!” and “Uh oh!”
- 27- Blow bubbles and say “Pop! Pop!” Encourage words or gestures.
- 28- Play “feed the baby” with a doll or stuffed animal. Help them- “Eat...”
- 29- Build a pretend house with couch cushions or blankets. Hide and play peek-a-boo!
- 30- Hop like a bunny. Model “hop, hop” and encourage copying.
- 31- Use a spoon as a microphone. Sing or practice turning voice on and off!

Welcome to a series 1 call

ANYTHING CAN BE A TOY

Welcome to the second edition of **“Anything Can Be a Toy”** — a series dedicated to showing you how everyday objects and simple items you already have at home can become fun and educational tools for your little one. The best part? They’re simple, affordable, and the possibilities are endless!

This month, we’re diving deep into play. *2 role-play scene options for you—Cooking in the Kitchen and Doctor’s Office.* Pretend play starts at the youngest age. While some children have their preferred way to play (which is okay!), other children seek out many ways to expand their play routines and get creative. Use this role-play scenario with DIY props to get that play routine going.

DID YOU KNOW? Even before children speak their first words, they are absorbing language and sounds through music, actions, and imitation. And lucky for you, a simple shoe box can become a drum to help them tap, clap, and get moving!

Why “Anything Can Be a Toy”?

As parents and caregivers, we often feel the pressure to buy all the latest toys and gadgets. But the truth is, everything around us can be turned into a toy — no need for fancy or expensive items. I know we are all busy so my hope is to give you ideas for using things around your home.

Language and play skills are closely connected for all children. Using household items—like a pot as a drum or a towel as a blanket—allows children to explore their creativity.

This type of play promotes communication, social interaction, and cognitive development, laying the groundwork for more complex play as they grow.



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ANYTHING CAN BE A TOY

DIY

Role Play Set: Kitchen Play with Household Items



What You'll Need:

- A medium-sized box
- Plastic containers, empty spice jars, or measuring cups
- Wooden spoons or spatulas
- Felt or paper cutouts for pretend food (optional)

1. Prepare the Box:

Transform the cardboard box into a mini kitchen! Cut out an “oven door” or draw knobs on the top to make a pretend stove. Tape down the edges for safety. Get out containers/spoons/etc. to fill the kitchen.

2. Decorate (Optional):

Your child can use stickers or markers to decorate their play kitchen. Let them design the oven knobs or add a menu!

If you want to make pretend food from felt or paper for your kitchen, stock the kitchen.

3. Play Time

Encourage your child to “cook” with the items. Pretend to order food, taste-test their creations, or host a family dinner!

Remember, the goal of “Anything Can Be a Toy” is to make playtime easy and enjoyable. You don’t need fancy toys to support your child’s development – just a little creativity and the willingness to let them explore and learn in their own way.

ANYTHING CAN BE A TOY

DIY

Role Play Set: Doctor's Office with Household Items

What You'll Need:

- A small bag (for a doctor's kit)
- Cotton balls, band-aids, or gauze
- A play thermometer (or a rolled-up piece of paper)
- A stuffed animal or doll as the "patient"



1. Prepare the Bag:

Gather household items that resemble medical tools and place them in a bag. Use a notebook as a "patient chart."

2. Decorate (Optional):

Your child can draw a hospital sign or a doctor's badge to wear!

3. Play Time

Encourage your child to check their stuffed animal's heartbeat, wrap a pretend bandage, or give a "shot." Take turns being the doctor and patient!

Remember, the goal of "Anything Can Be a Toy" is to make playtime easy and enjoyable. You don't need fancy toys to support your child's development – just a little creativity and the willingness to let them explore and learn in their own way.

PLAY WITH FOOD!

TIP SHEET FOR CAREGIVERS

Play is an essential tool in feeding therapy, especially when helping hesitant eaters explore new foods. **For children, play is a natural way to learn, engage with their environment, and develop new skills.** When it comes to food, playful exploration *can* reduce anxiety, increase comfort with new textures, and build positive associations with eating.

Through sensory play, children *can* gradually become more open to trying new foods without the pressure of having to eat them immediately. This process helps children develop confidence and curiosity around food, which is a key component of **expanding their food repertoire in a fun and non-pressuring way.** By **turning food exposure into a playful experience,** families can help create a more positive and enjoyable mealtime experience.

Make sure to tailor these ideas to your child's age (e.g., no choking hazards under 3) and developmental stage (e.g., fine motor skill!). Reach out if you have specific questions!

Disclaimer: The information provided in this resource is for informational purposes only and should not be considered medical advice. If you have specific concerns about your child's feeding, please consult with a trained feeding therapist for personalized guidance and support.



"Food Painting" with Purees:

- **Materials:** A variety of pureed foods like mashed potatoes, applesauce, yogurt, or avocado.
- **Instructions:** Let the child use the purees to "paint" on a plate, their hands, or even the table (with supervision). You can encourage them to explore different colors and textures.
- **Value->** This activity can help children get comfortable with messy play and create a positive association with food textures. It also helps with hand-eye coordination and fine motor skills.

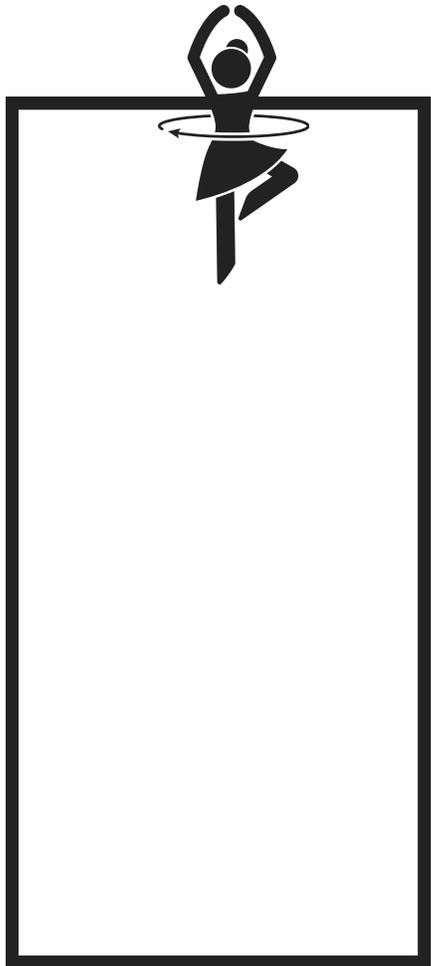
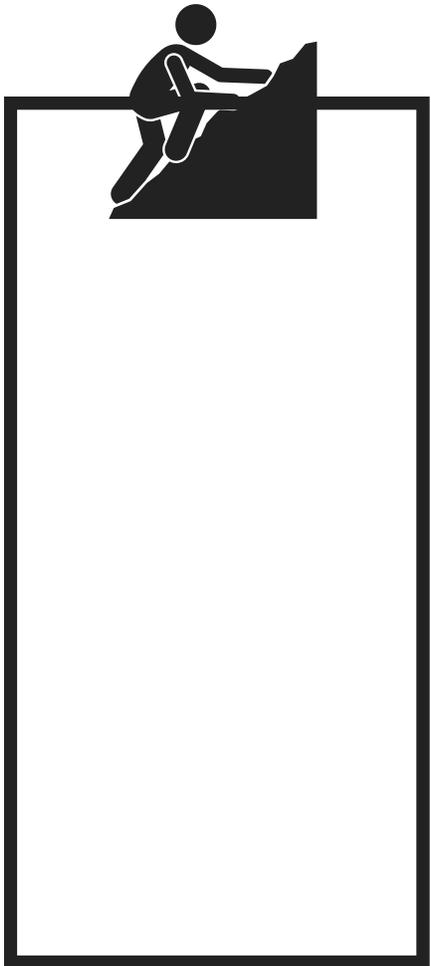
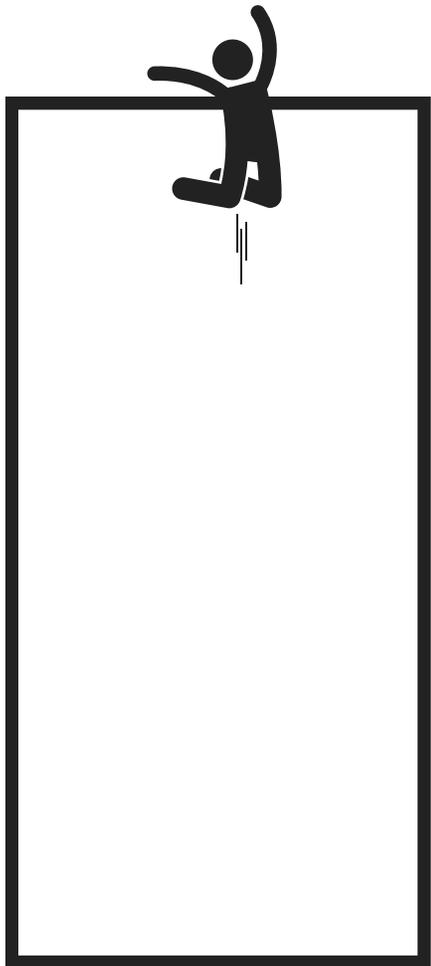


Food Texture Exploration Bin:

- **Materials:** Different textured food items like rice, pasta, oats, soft fruits (banana, avocado), hard fruits (apple, carrot), cooked veggies, and crackers.
- **Instructions:** Set up a sensory bin with a variety of textures. Maybe 1-3 for a child more hesitant with new textures. Allow the child to touch, squeeze, or roll the food with their hands. Use language to expand the food play the textures ("Is it soft or crunchy?" "sticky"). and pair with a preferred theme for extra fun (e.g., mud dirt and oats with diggers for a construction lover)
- **Value->** This activity can introduce a child to new foods and flavors outside of mealtime in the way they learn best--through play! No pressure of eating them immediately.

SORT BY ACTION

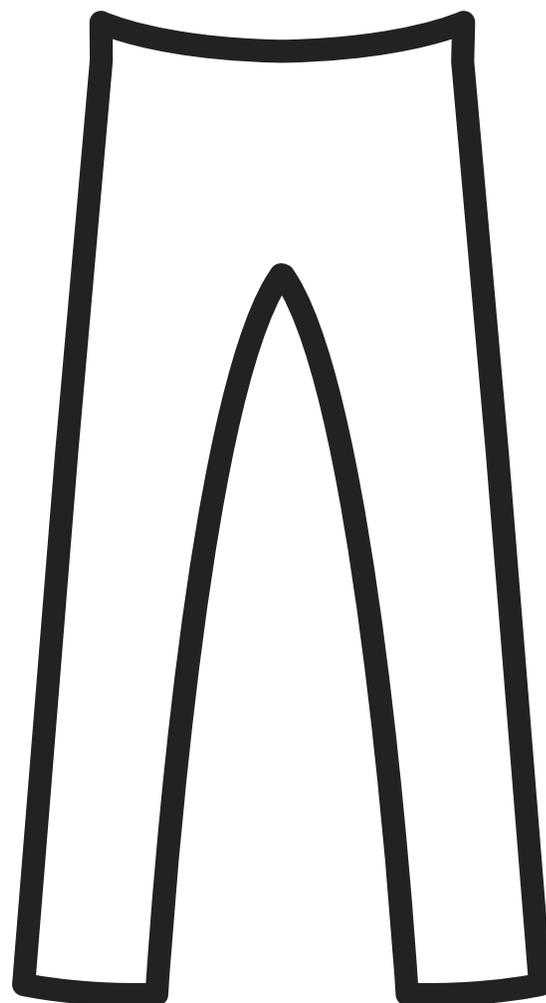
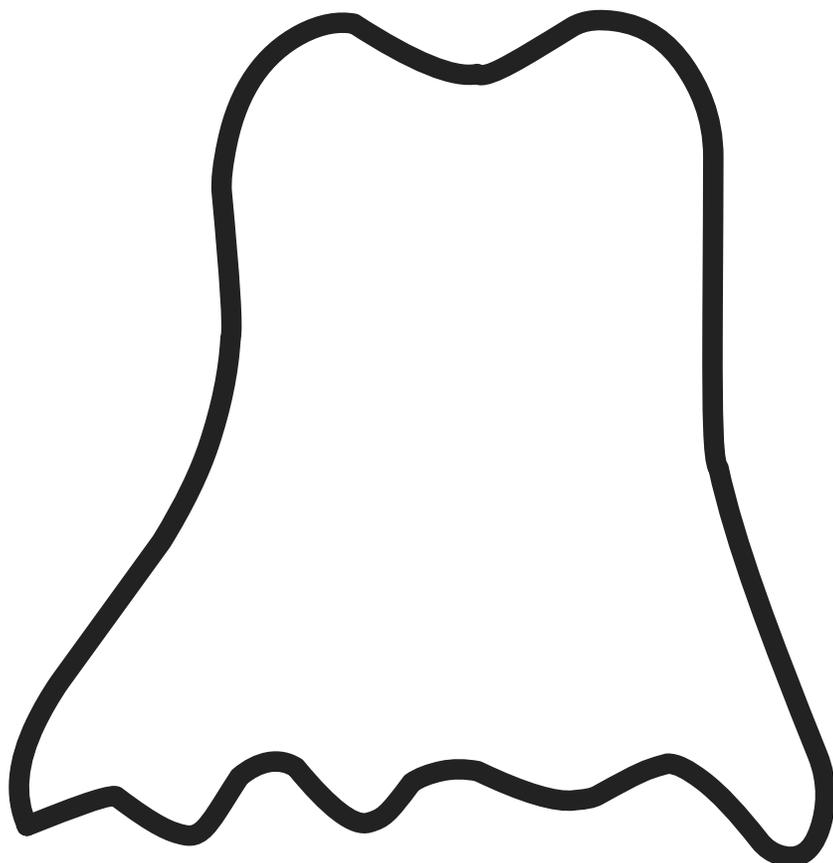
Cut and paste the pictures in the correct box (jump, climb, spin)



Name _____

Cut, Color, Glue

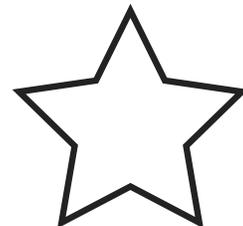
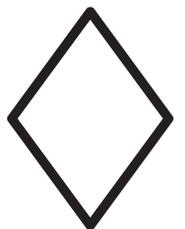
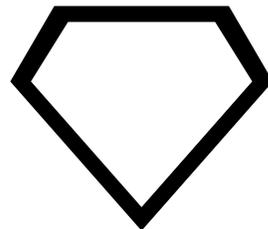
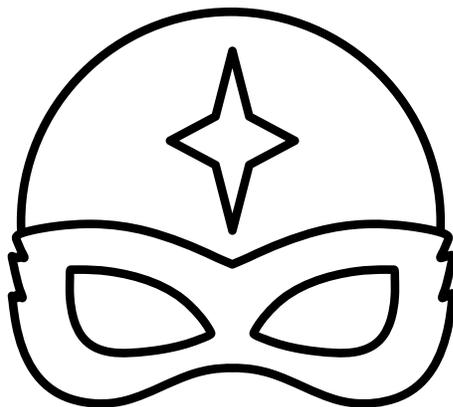
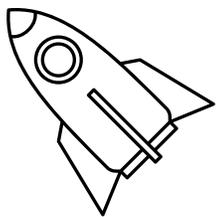
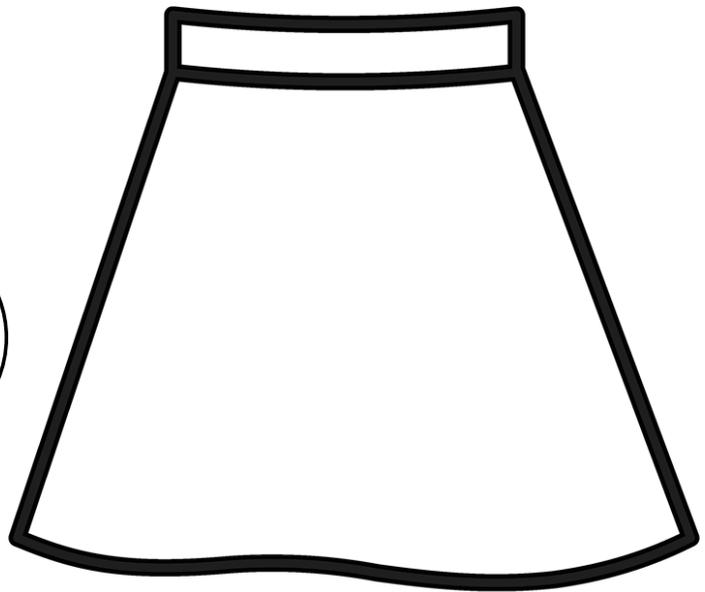
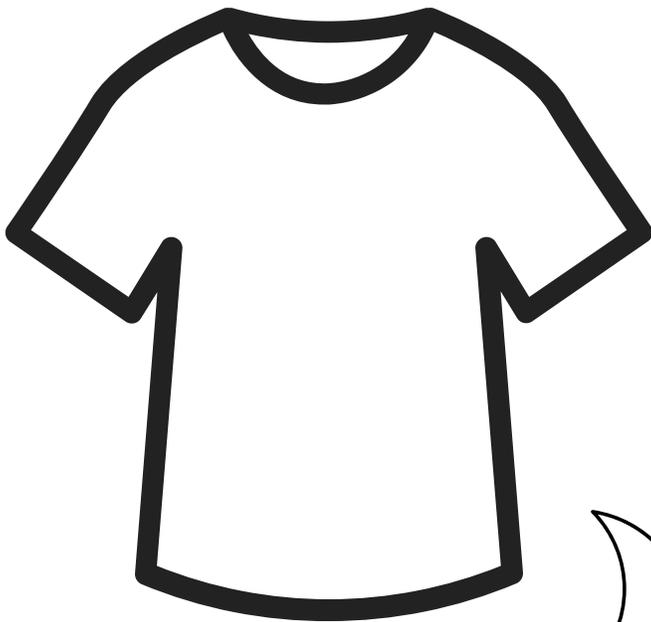
Make your own Superhero Suit by cutting out the pieces, add your favorite colors, and glue them together.



Name _____

Cut, Color, Glue

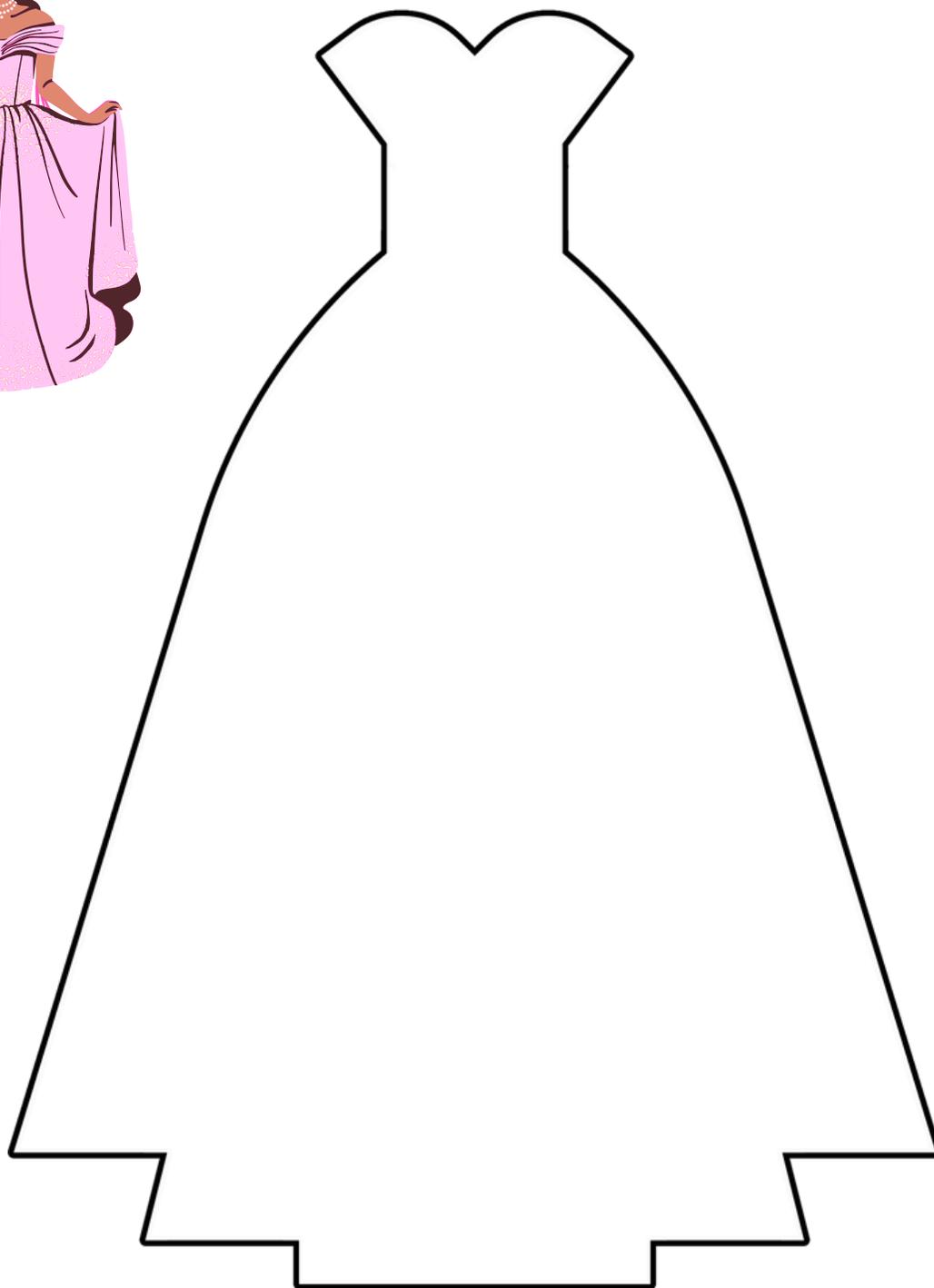
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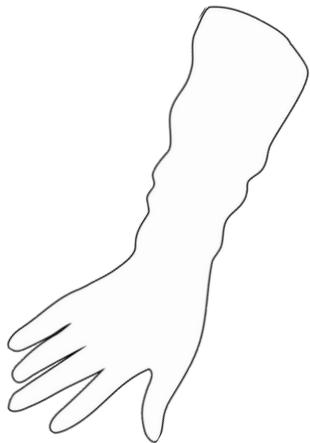
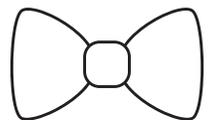
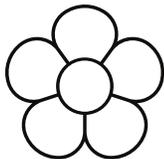
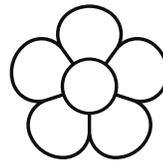
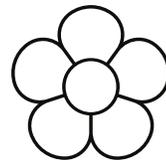
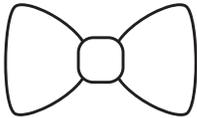
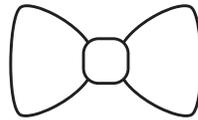
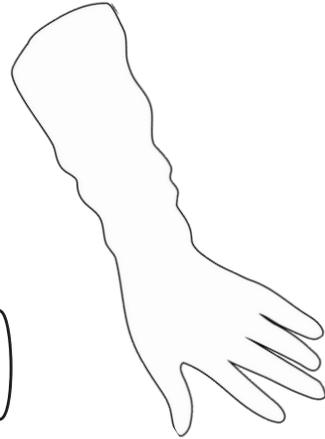
Make your own Princess Dress by cutting out the pieces, add your favorite colors, and glue them together.



Name _____

Cut, Color, Glue

Make your own Princess Dress by cutting out the pieces, add your favorite colors, and glue them together.



Name _____

Use this page as the template to put together your superhero/princess by making your imagination character using finished master pieces on here!

Name _____

Cut, Color, Glue

Make your own Fairy by cutting out the pieces, add your favorite colors, and glue them together.



Name _____

Cut, Color, Glue

Make your own Fairy by cutting out the pieces, add your favorite colors, and glue them together.

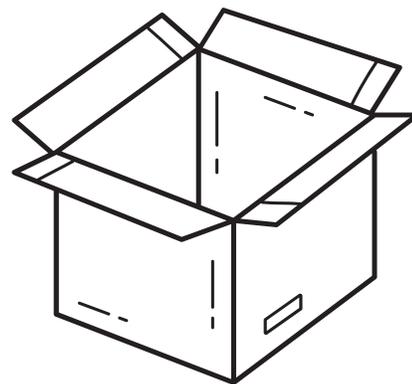
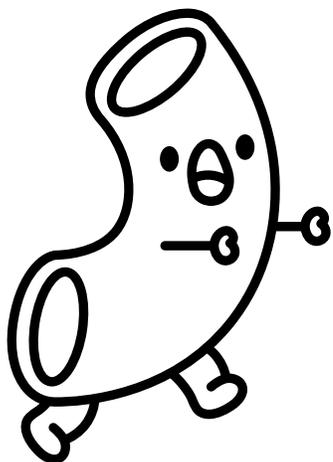
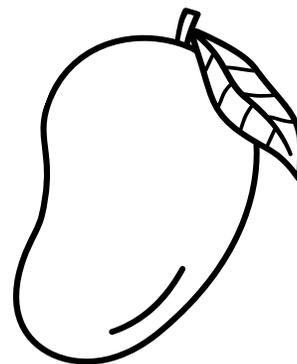
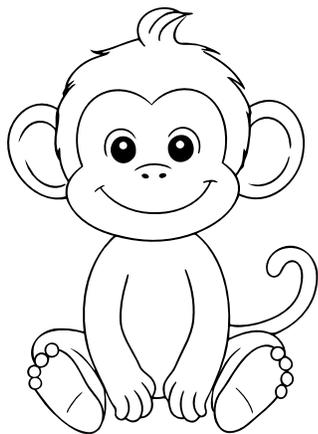
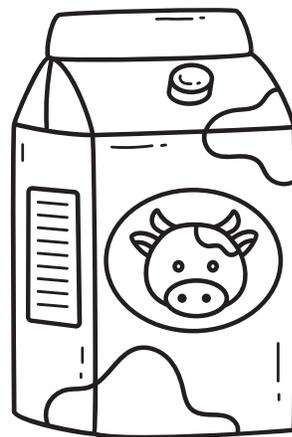
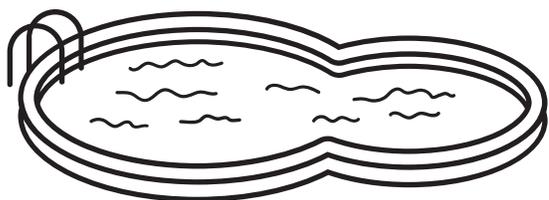


Name _____

Color by Sound

Color the pictures that start with the sound "m" in orange.

M



Name _____

My favorites

Use this page as a coloring sheet to have your pre-reader illustrate their favorites!

My favorite food... 

My favorite game... 

My favorite show/movie is... 

My favorite place is... 

Name _____

My favorites

If your child is writing simple sentences, have them let you know their latest favorites with these fill-in-the-blanks.

My favorite food...

M

My favorite game...

M

My favorite show/movie is...

M

My favorite place is...

M

Role Play Scenarios

Parents- take the lead or guide your child(ren) into these role play scenarios!

Sample text: "Let's play pretend! Use your imagination and pretend..."

 <p>You're a pirate searching for treasure</p>	 <p>You're a detective solving a mystery</p>
<p>You're a news reporter covering an exciting event</p> 	<p>You're a mail carrier delivering important letters</p>
<p>You're a zookeeper taking care of animals</p>	<p>You're a chef opening a restaurant</p> 
 <p>You're an astronaut landing on a new planet</p>	<p>You're a superhero with a special power</p> 
<p>You're a veterinarian helping a sick animal</p> 	<p>You're a teacher in a classroom</p> 
<p>You're a firefighter rescuing a cat stuck in a tree</p> 	<p>You're a shop owner selling magical items</p>

DRESS UP VOCAB FOR AAC

Using Augmentative and Alternative Communication (AAC) devices to model play during dress-up can be an awesome way to support language development. By incorporating AAC into pretend play, you help your child expand their vocabulary and play, whether they are a verbal communicator, AAC user or both! Here's a word list to get started with dress-up play. *Make sure to consult with your child's SLP before changing any pages or if you have more specific questions to your child's communication.*

Core Words

- Put
- On
- Take
- Off
- Want
- Need
- Help
- More
- All done
- Finished
- Look
- Make
- Play
- Turn
- My
- Your
- Big
- Little

Fringe Words

- Hat
- Crown
- Shirt
- Pants
- Dress
- Shoes
- Boots
- Socks
- Coat
- Cape
- Wings
- Gloves
- Wig
- Mask

Character Words

- Princess
- Superhero
- Pirate
- Fairy
- Animal
- Doctor
- Firefighter
- Astronaut
- Cowboy
- Knight
- Chef
- Dinosaur



Core words are high-frequency words used in many situations, like help, more, on. They make up most of our everyday speech.

Fringe words are more specific to certain activities, like hat, shoes, crown in dress-up play.

Both are important: core words help with general communication, while fringe words add detail to specific play scenarios.



