

6

Six Ways to Use Balloons to Address Speech-language Goals at Home

1. Draw faces on the balloons. Draw different facial expressions and talk about emotions or parts of the face (eyes, nose, etc).
2. Blow up the balloon and use it to play catch. Practice a speech target, name items in a category, or ask each other silly questions with each turn.
3. Emphasize descriptors when playing with the balloon (big, little, colors, fast, slow, noisy, quiet).
4. Fill a small balloon with cornstarch to make a fidget/stress ball.
5. Draw faces of characters on balloons and use them as puppets to act out a story.
6. Take turns hiding and seeking a balloon. Talk about spatial concepts like on, under, behind, next to, or between.

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