

FIRST SOUND FLUENCY

An Activities Guide for Families

K

At Home Activities

When you see slashes like /m/, it means make the letter sound, don't say the letter name.

- Say "mmmm" (like something tastes good)
- Not "em" (the name of the letter M)

Sound Bounce

Adult: "I am going to say a word and then say the first sound. Bike, /b/. Your turn."

Child: "Dog, /d/."

Adult: "Toy, /t/."

Child: "Sock, /s/."

The Picky Box

Adult: "Pretend I have a box that only things that begin with /r/ can go inside. What three things could go in my box that begin with the sound /r/?"

Child: "Rabbit, rock, ring."

Adult: "Now only things that begin with /h/ can go in my box."

Sound Spy

Adult says, "I spy with my little eye something that starts with /m/."

Child guesses, "Milk? Moon? Mom?"

The Name Game

Go around the dinner table and everyone says another word that starts with the first sound of each person's name. For example, if someone's name is Ben:

Adult: "Balloon."

Child: "Bear."

Sibling: "Ball."

Adult: "Brother."

Silly Names

Change the first sound of everyone's name in the family to a specific sound (like /b/).

- "Mom" becomes "Bom."
- "Dylan" becomes "Bylan."

The "Wrong Name" Game

Pretend to forget the first sound of everyday objects.

Adult points to a cup: "Can you hand me that zup?"

Child: "It's not a zup. It's a cup."

Adult: "Oh! I used the /z/ sound. What sound should I have used?"

Child: "/k/."

Did You Know?

The emotional bond formed while reading together releases hormones in a child's brain that help with memory and attention. When a child associates reading with feeling safe and loved, they are more motivated to learn.

