



October 2017



Cheshire Fitness Zone Newsletter

Fall in Love with Speech

DIY Glitter Slime Monster



Slime is lots of fun and all the rage. Make slime with your kids to work on tactile processing. Remember to follow their lead and don't force them to touch it.

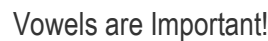
Materials

- 1 Bottle Elmer's Glitter Glue
- ¼-½ cup Liquid starch

Directions

- 1) Pour glitter glue and liquid starch into a bowl or cup.
- 2) Use a spoon for the initial mixing
- 3) Use hands to achieve desired texture
- 3) Decorate mason jars or empty baby food jars to look like monsters!

*You can also use regular Elmer's glue (clear or white). Mix in a drop or two of food coloring and add glitter!



Vowels are Important!
...That's why (Cheshire Fitness Zone's own) Lynn Rose and her colleagues at Speech Anchors have created a new book series targeting early developing vowels!

These books, with their lovable characters, target early developing vowels and are written in rhyme with repetitive phrases and songs that make them interactive and fun for young children! (Visuals for accurate vowel production are included!) Check out www.speechanchors.com/cfz for more information!

Upcoming events

Oct 28th CFZ Greet & Treat
2:00-5:00



Visit a pumpkin patch or go to an orchard this fall and practice PT, OT and ST!



Physical Therapy

- Run, jump, climb over and around pumpkins
- Push/pull a wagon
- Roll a pumpkin
- Carry a sack of apples

Occupational Therapy

- Visual scanning
- Body awareness
- Touch the pumpkins, hay, leaves, and apples
- Go on a bumpy hay ride

Speech

- Talk about the shapes and colors of pumpkins
- Discuss different types of apples

Local Farms

- Hickory Hill Orchard
- Ives Farm
- Norton Brothers Fruit Farm
- Lyman Orchard