

March Freebie Packet

for Speech-Language Pathologists

One of my very first Instagram posts was of a quote by Mr. Fred Rogers himself,
**“Play is often talked about as if it were a relief from serious learning.
But for children play is serious learning.
Play is really the work of childhood.”**

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. We DON'T need to click “add to cart” every time we see a fun toy to make for a good play-based therapy session. Right? RIGHT!?

Whether you are looking for fun activities to get in high practice trials, informational handouts to share in your EI sessions, parent conferences, or carryover home practice to give your clients, this packet is designed to give you a variety of options.

Please note, specific target words and sounds have been intentionally left out. As a skilled SLP, you are the expert in determining the best evidence-based practice (EBP) targets for each of your individual clients. This packet is a *flexible* resource meant to support your clinical decisions, offering materials that can be tailored to fit the needs of each child.

I hope these resources help make your sessions more effective and enjoyable!

I ask you to please not share this between colleagues and on google drives. If someone else would like this resource and is not on my email list, feel free to have them email me: Johanna@readystadtsspeech.com

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

Founder of Ready Stadt Speech

@ReadyStadtSpeech

www.readystadtsspeech.com

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For inquiries or permission requests, please contact johanna@readtstadspeech.com.



Table of Contents

Wondering which pages are best for your caseload? Here is a quick guide to navigating this packet. Note- many of these were included in my parent freebie resource so it is intended for you to share or use as needed with your families in parent-friendly terminology.

Have questions or want some extra ideas? Email me Johanna@readystadtsspeech.com















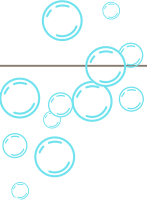



PAGE WHAT IS IT? POSSIBLE AREA(S) TO TARGET

3-5	Imaginative Play Calendar (0-3 EARLY SPEECH AND LANGUAGE)
6	"Anything Can Be A Toy" Overview (0-3 EARLY SPEECH AND LANGUAGE)
7	Doctor's Office Role Play (Speech, Language, Play)
8	Food Play Tip Sheet for Caregivers
9	Sort by Action (Language, Categorizing)
10-16	Cut, Color, Glue (superhero, princess, and fairy)
17	Color by Sound- /m/ (Speech, Early Literacy)
18	"M" My Favorites Coloring Sheet (Language and Early Literacy)
19	"M" My Favorites Writing Sheet (Literacy)
20	Literacy (Reading, Spelling, Phoneme Awareness)
21	Role Play Scenarios (group sessions, language, play)
22	Dress Up Vocab for Augmentative Alternative Communication(AAC)
23-24	Bonus Coloring Sheets!

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 						

Shoutout to Alexis @speechsavvyslp for helping out with this awesome resource!

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 I 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.



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

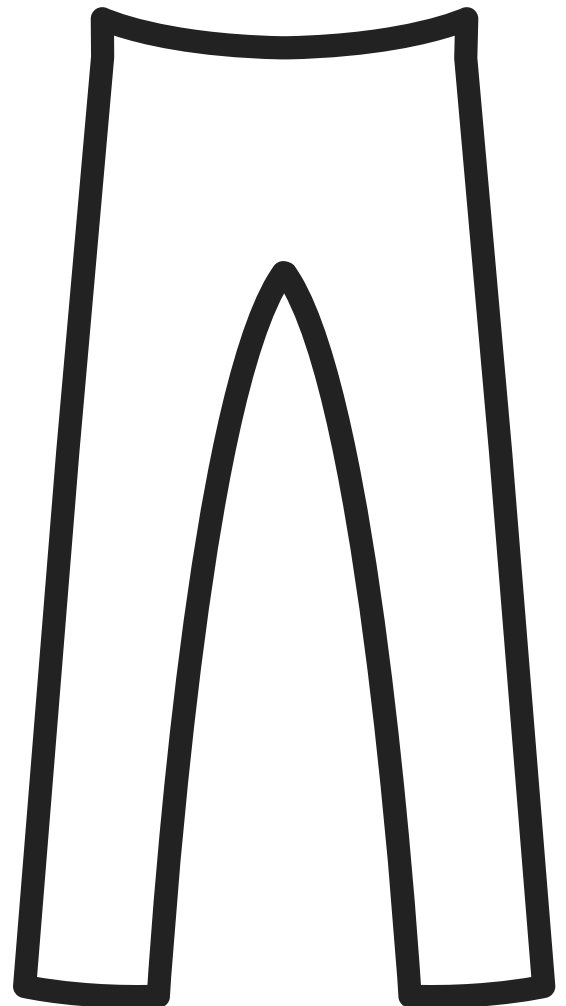
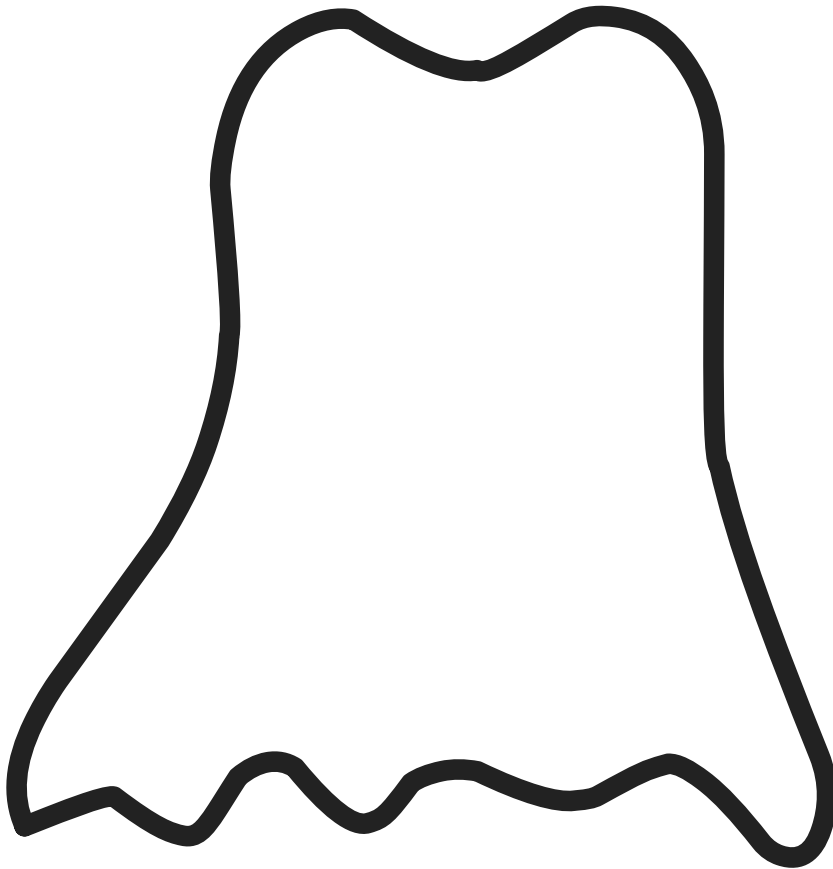
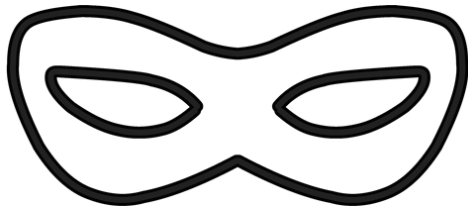
Cut and paste the pictures in the correct box (jump, climb, spin)



Name _____

Cut, Color, Glue

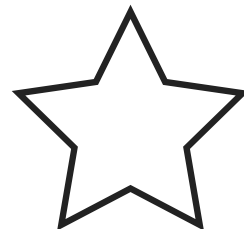
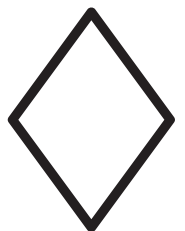
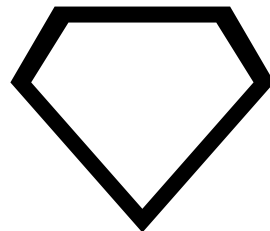
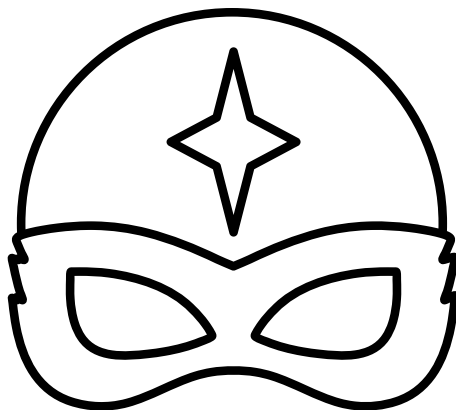
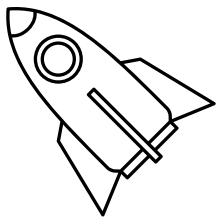
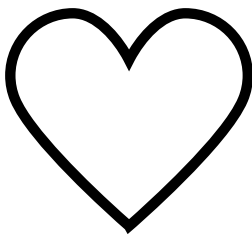
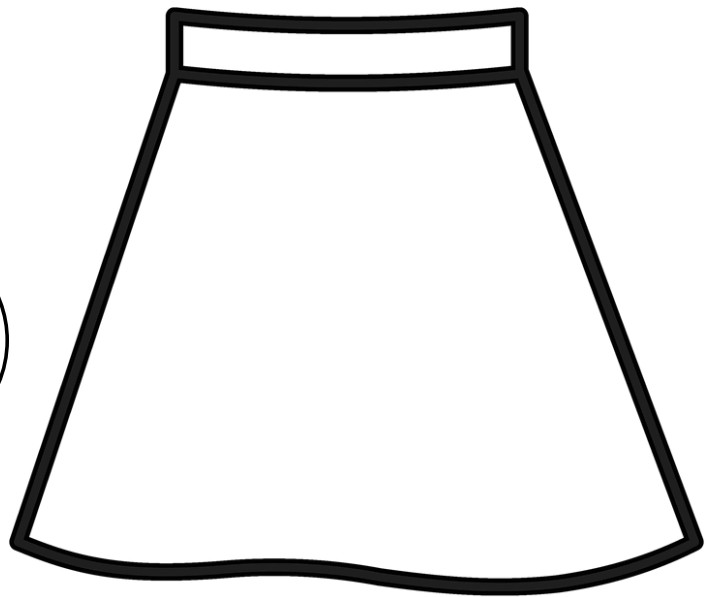
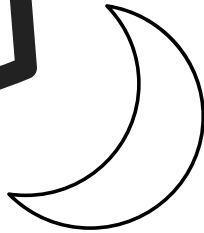
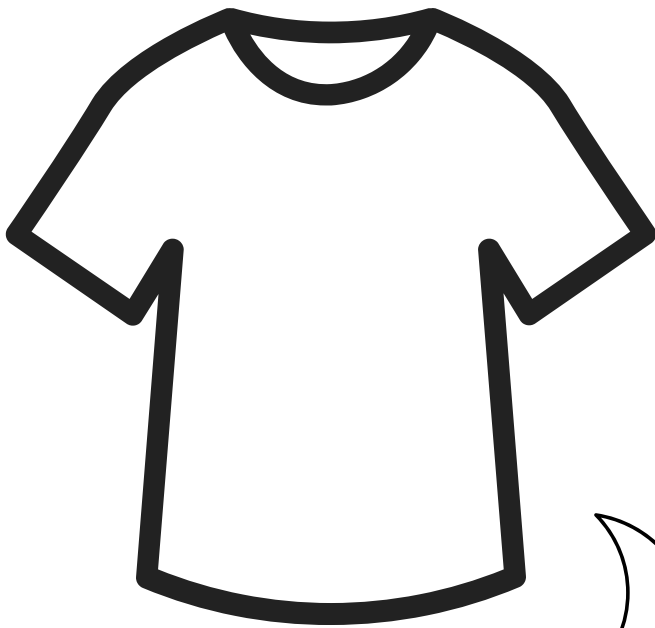
Make your own Superhero Suit by cutting out the pieces, add your favorite colors, and glue them together.



Name _____

Cut, Color, Glue

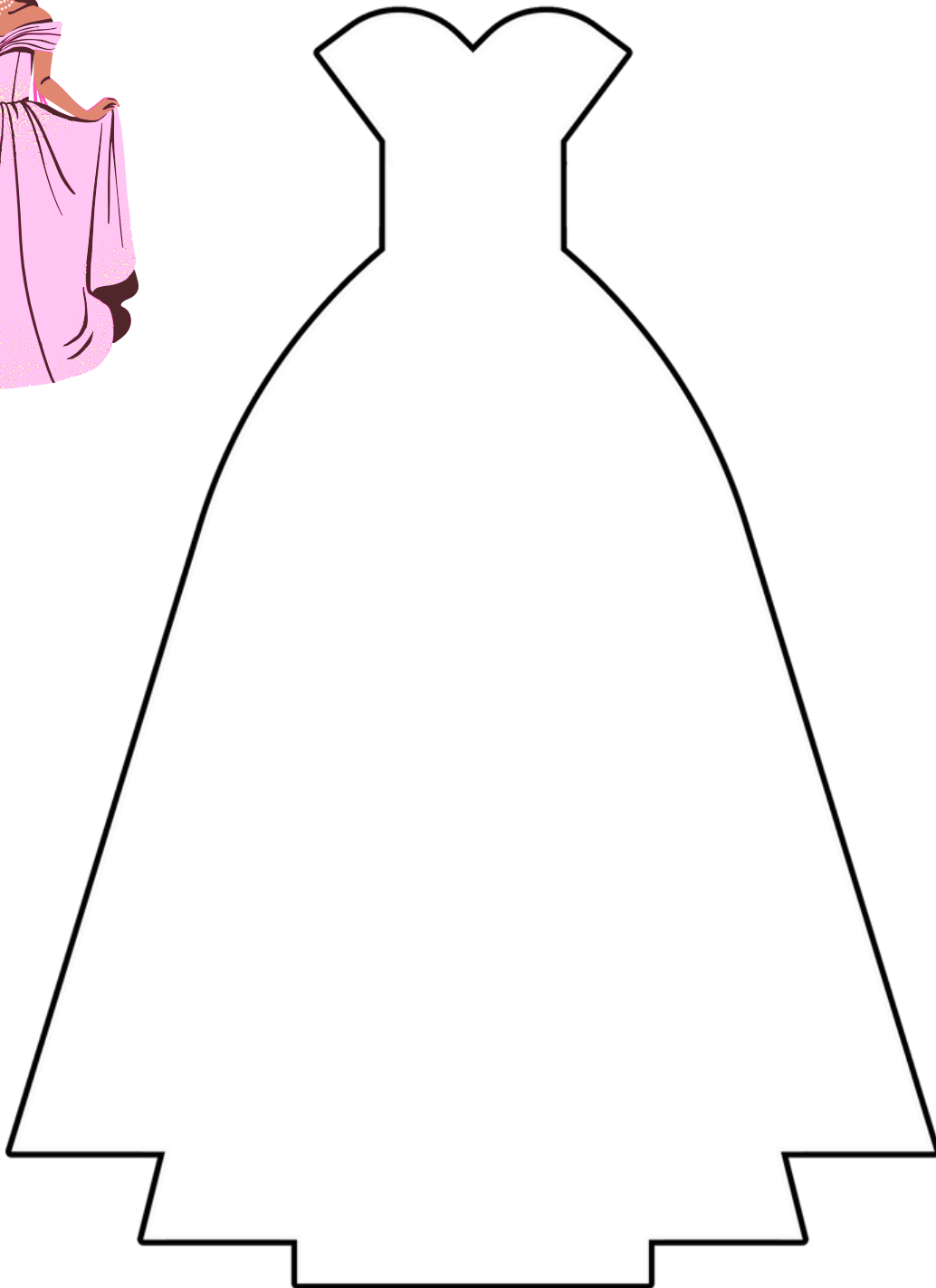
Make your own Superhero Suit by cutting out the pieces, add your favorite colors, and glue them together.



Name _____

Cut, Color, Glue

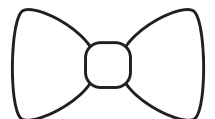
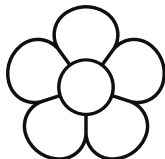
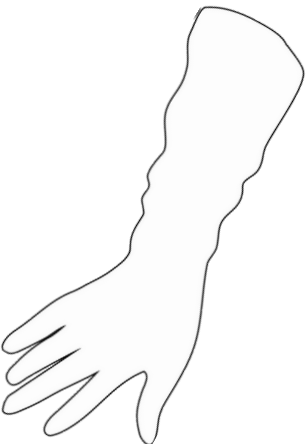
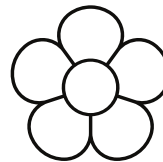
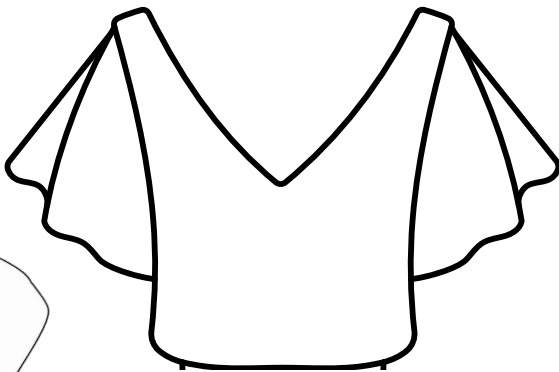
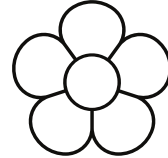
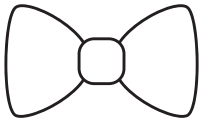
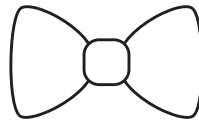
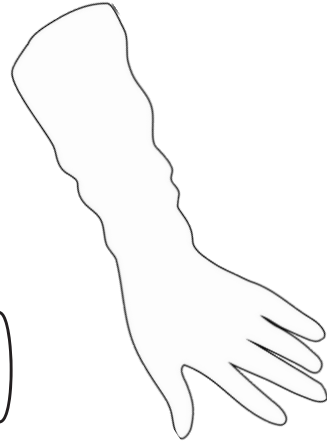
Make your own Princess Dress by cutting out the pieces, add your favorite colors, and glue them together.



Name _____

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.

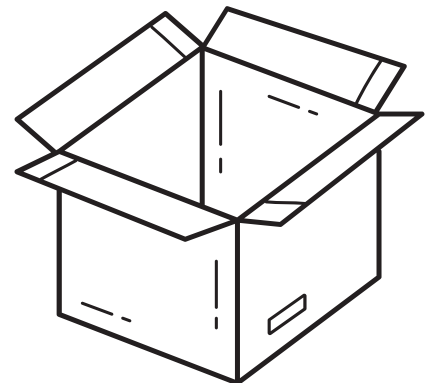
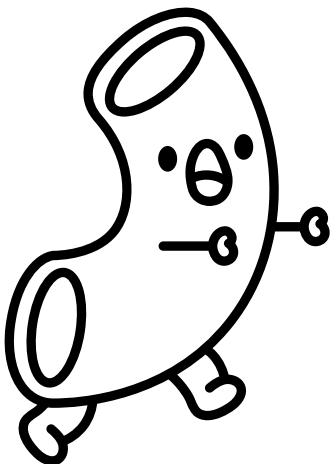
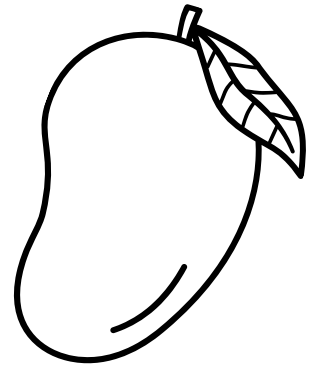
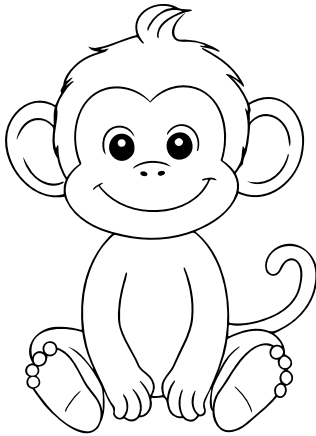
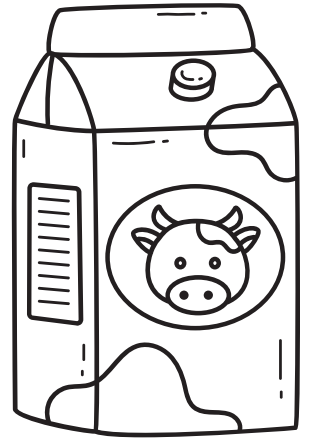
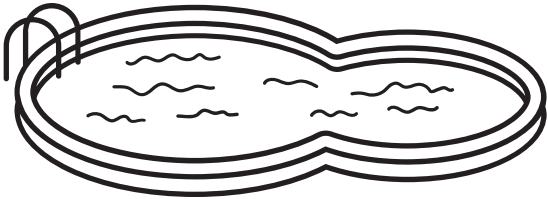


Name _____

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

Name _____

Play Passage

Here's a simple reading passage (suggested for grades 1-3, but modify as needed)

Why Play is Important

Play is a fun way to learn and grow. When we play, we learn new things and make our brains strong. Play can be inside or outside. You can play with toys, or you can run and jump. You can also play with friends or even by yourself.

Did you know? When you play, your brain gets better at solving problems. For example, if you build a tower with blocks, you are learning how to stack things carefully. Younger children learn how to share when they play with others. Play helps your body too. It helps you stay strong and healthy.

Play is also good for your feelings. It is a good way to build friendships. It can help you calm down when you are sad or mad. Play is not just for fun – it helps you grow in many ways!

So, remember to play every day. It is a special way to learn, grow, and have fun.

Extension Activity Ideas for Phoneme Awareness, Reading, and Spelling

This passage includes words that follow some of these spelling rules:

ck: block

am: jam, slam

an: can, man, stand

all: tall, wall, all

magic e: game, play, made

silent e: like, time

You can use words from this passage for:

-sound isolation tasks. (what's the middle sound in "way"?)

-rhyming generation (play rhymes with...)

-segmenting words (r-u-n)

-word families (Identify words in the passage that belong to the same word family (e.g., cat, bat, hat))

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.



