



## 5 Simple Activities to Boost Communication

Communication is one of the most important areas of development for children, especially those with autism or learning differences. The following five activities are designed to be fun, simple, and effective tools to help strengthen your child's communication skills in everyday life.



### 1. Picture Exchange Game

Create simple picture cards of common items (like juice, toy, or snack). Encourage your child to hand you a picture in exchange for the item. This builds intentional communication and helps them associate words with meaning.

### 2. Mirror Talk Time

Sit together in front of a mirror and practice making faces, sounds, or words. It builds confidence, self-awareness, and encourages turn-taking in conversation.



### 3. Favorite Toy Narration

Let your child play with their favorite toy while you narrate their actions. Example: "You're rolling the red car!" This builds vocabulary naturally and encourages expressive language over time.



### 4. Sound Safari

Go on a walk indoors or outdoors and take turns identifying and mimicking sounds you hear — birds, cars, dogs. Great for auditory attention and response.

### 5. Bubble Requests

Use bubbles as a motivator. Pause between blowing and encourage your child to say "more," point, or make a gesture. This is great for prompting interaction and expanding word use.



Remember, progress takes time and patience. Celebrate every small win. These activities help your child associate words with actions, express wants and needs, and most of all — build connection with you.

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