

Phonological Awareness pack

What is Phonological Awareness?

'Phonological Awareness' is the awareness of sounds and sound structures in words. This includes syllables, the sounds in words, and awareness of sounds (e.g. 'at' in 'cat') that rhyme in words. Phonological Awareness is important for listening and speaking skills, and helps with reading.

Tips for activities:

- Keep activities short – 15-20 minutes a day (we recommend little and often throughout the day!)
- You could make routines in your daily life into activities – e.g. walk up the stairs and taking turns to make a silly non-word rhyme "sa, pa, ma, ba, ta... pow, fow, tow, mow"
- Routine is great for learning – try and have a similar routine each day to help your child.

Listening Games – looking and listening skills are important for communication

What you will need: a mobile phone, tubs and household/cupboard items (e.g. rice, pasta)

Hide and seek: Play music from your mobile/a device, and hide it somewhere in a room for your child to find.



Listening to sounds in the environment: Encourage quiet time to lie and listen to sounds from outside – talk about what you can hear.

Sound matching:

- Make instruments together using household objects – fill Tupperware boxes with rice, pasta, and other objects. Make two of each so you both have the same.
- One person shakes their instrument (hiding it from view) and the other has to match. Then swap roles.



Syllable games – helps skills for reading and spelling by splitting words into sound chunks

What you will need: any toys, household items, pictures

Marking syllables: Clap, stamp or jump the amount of syllables a word has e.g. ba-na-na. buzz-light-year. Be inventive with ideas such as monster feet on the floor, jumping like frogs, or cushions as islands to jump on! Mark the syllables in any toys or household items see find throughout the day.



Syllable jigsaws: Have pictures from magazines or pictures of characters or objects. Cut into pieces (like a jigsaw) of how many syllables it has. E.g. elephant to 3 pieces

Hide and seek: Hide characters/toys around a room. Your child claps/stamps/jumps the syllables of the toys they find.



Listening to sounds

What you will need: shakers (homemade), household objects



Loud and quiet:

- Play with instruments and talk about making loud and quiet sounds
- Dropping objects onto a hard surface. Do they make a loud or quiet sound? (e.g. sock vs car)

Long and short sounds:

- You may need to teach this concept – compare long and short pieces of ribbon/string.
- Make and talk about sounds e.g. Long sounds: sh, s, f, ee, oh, ah Short: p, b, t, d, k, g, a, e, o

Same and different: Match objects, instruments, sounds.

Rhyming games – helps develop skills for reading and spelling

What you will need: YouTube, story books, puppet/stuffed toy, food items (toy or real)

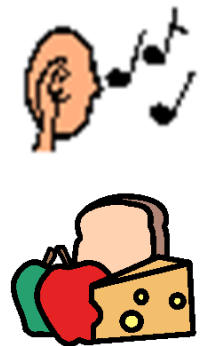
Nursery Rhymes: Listen to and sing nursery rhyme together – pause for your child to fill in the gaps!

Reading books: Lots of children's reading books (e.g. Julia Donaldson books) are written with rhymes. Read together and talk about the rhymes.

Hungry Puppet:

Your hungry puppet (or toy) wants some food! He has funny words for his food. See if your child can find what the puppet wants. For example:

'kernana' for banana - 'fips' for chips (use real words to make it harder! E.g. 'lips' for chips)



Spoken sounds – developing awareness and self-correction

What you will need: YouTube

Jolly phonics: Listen to the Jolly Phonics songs and sounds. This includes a gesture with the sounds, making them easier to remember and can help to prompt your child.

Listening:

- If your child makes errors with their sounds (e.g. 'bish' for fish), you can prompt them for a /f/ sound (with jolly phonics gesture) and model 'fish' for them.
- Remember not to put pressure on your child to produce it. They will self-correct when ready.

App recommendations: Alphablocks App, Articulation Station

....and remember to have fun with sounds!

Want more ideas? contact us on cypdisp@nhs.net

We Care, We Respect, We Listen