Active with AAC

Walking on a balance beam can be a fun indoor activity to get some energy out and increase on sensory input. This activity is perfect for those cold or rainy days when you are stuck inside. But, there is also a lot of language that you can model while you play. Go have fun!

**CORE WORDS**

- Do
- Get
- Go
- Help
- Is
- Like
- Need
- Turn
- Want
- I
- You
- My
- That
- Fun
- Fast
- Slow
- Hard
- On
- Off
- Help
- Want
- My
- Turn
- Stop
- Like
- Need
- Help
- Fast
- Slow
- Hard
- Do
- Like
- Fun
- Need
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- Stop
- Want
- On
- It
- I
- Need
- Help
- Go
- Slow
- Hard
- Do

**MATERIALS**

- Balance Beam
- Child/Client
- AAC Device

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**Reasons to Communicate**

<table>
<thead>
<tr>
<th>Reasons to Communicate</th>
<th>One Word</th>
<th>Two Words</th>
<th>Three (+) Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting Wants/Needs Met (requesting objects/activities/permission/attention, etc., directing action/to stop, request help)</td>
<td>On</td>
<td>Go on</td>
<td>Get off it</td>
</tr>
<tr>
<td></td>
<td>Off</td>
<td>Get off</td>
<td>I go</td>
</tr>
<tr>
<td></td>
<td>Go</td>
<td>Want on</td>
<td>You want on</td>
</tr>
<tr>
<td></td>
<td>Help</td>
<td>Want help</td>
<td>I want help</td>
</tr>
<tr>
<td></td>
<td>Want</td>
<td>My turn</td>
<td>It my turn</td>
</tr>
<tr>
<td></td>
<td>My</td>
<td>You stop</td>
<td>I go fast</td>
</tr>
<tr>
<td></td>
<td>Turn</td>
<td>Go</td>
<td>You go slow</td>
</tr>
<tr>
<td></td>
<td>Stop</td>
<td>Go fast</td>
<td>My turn to go</td>
</tr>
</tbody>
</table>

| Exchange Information (share and show objects, confirm/deny, request information, etc.) | Like | I like it | It is fun |
|                                                                                   | Fun  | I need | I need help |
|                                                                                   | Need | Need help | You go fast |
|                                                                                   | Help | Go fast | It is hard |
|                                                                                   | Fast | Go slow | I stop it |
|                                                                                   | Slow | It hard | I want go |
|                                                                                   | Hard | Stop it | This is hard |
|                                                                                   | Do   | Want go | I go slow |
|                                                                                   | On   | Want stop | I want slow |
|                                                                                   | I do | You stop | How do you feel |

| Social Closeness/Etiquette (greet, take turns, comment, etc.) | I do it | You do it | It’s my turn |
|                                                              | My turn | That was fun | That was fun |
|                                                              | That fun | Like that | Like that |
|                                                              | Like that | It hard | It is hard |
|                                                              | Go fast | Go slow | You are slow |
|                                                              | Not fast | Not fast | That’s not fast |
|                                                              | I do it again | I do it again | Let do it again |

**Tips to Engage, Expand, and Succeed:**

- Don’t have a balance beam? You don’t need an actual beam! Just put down Post-It notes or other small markers that the child has to step on.
- You can make this activity seasonal by changing out the shape of the markers (e.g. make flowers for Spring months, hearts for February, shamrocks for March, flags for July, leaves for September, pumpkins for October, etc.).
- You can have more than one shape if you want to add more fringe vocabulary.
- Your balance beam doesn’t have to be straight! Add some curves or turns for more sensory input (vestibular input) while walking on your balance beam.
- Here are some other words you might use and things to say while you play:
  - You can focus on concepts, such as, on/off, up/down, fast/slow.
  - This could be a fun time to work on feelings: Is this hard?, Was that easy?, Do you feel dizzy or uncomfortable? These are all great ways to start talking about how we feel and checking on how our body feels.
- Most of all, remember to have fun! Keep your speech and modeling natural. This is a fun activity, so make sure to keep it that way!
You can add this one to the Unity 28, 36 or 45 low tech board. You can add this one to the LAMP WFL, Unity 84, Unity 60 low tech board.

Using a PRC device and don't see a word you want to say? Find a quick video on how to add a word to your device: https://www.youtube.com/user/PRCaccess

Using a low-tech communication board? Or need some choices to help you communicate during this activity? The following strips can be used as choice boards or fringe vocabulary for the above activity. If you are using these as fringe vocabulary, you will need a single page communication board. If you are using these as choice boards or fringe vocabulary for the above activity, you will need a single page communication board. These boards are available on our website. Download the boards here: https://aaclanguagelab.com/resources/unity-manual-communication-boards

You can add these to a three ring binder, or you can Velcro these to the top of a single page low-tech core word board.

Attached to a one-page communication board.