PRC

BALANCE BEAM

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	I
Get	You
Go	My
Help	Fast
Is	Slow
Like	Hard
Need	Fun
Turn	How
Want	That

MATERIALS

Balance	You
Beam	Child/Client
	AAC Device

Model It on the AAC Device

Modeling on your child's device is just "talking" using his/her language! When you say a word with your voice, also say it using your child's device. Look up the words that you are going model using WORD FINDER before you start playing. Start with one word and then add 1-2 words.

Reasons to Communicate	One Word	Two Words	Three (+) Words
Getting Wants/Needs Met (requesting objects/activities/ permission/attention, etc., directing action/to stop, request help)	On Off Go Help Want My Turn Stop	Go on Get off Want on Want help My turn You stop I go Go fast	Get off it I go on You want on I want help It my turn I go fast You go slow My turn to go
Exchange Information (share and show objects, confirm/deny, request information, etc.)	Like Fun Need Help Fast Slow Hard Go Stop Want On	Like it It fun I need Need help Go fast Go slow It hard Stop it Want go Want stop You stop	I like it It is fun I need help You go fast It is hard I stop it I want go This is hard I go slow I want slow How do you feel
Social Closeness/Etiquette (greet, take turns, comment, etc.)	I You My Turn Like Fun Slow Hard Do	I do You do Do it My turn That fun Like that It hard Go slow Not fast	I do it You do it It's my turn That was fun I like that It is hard You are slow That's not fast Let do it again

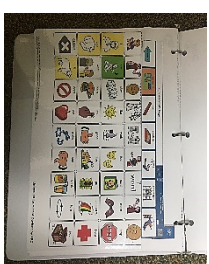### Tips to Engage, Expand, and Succeed:

- 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.
  o 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.).
  o You can have more than one shape if you want to add more fringe vocabulary.
  o 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:
  o You can focus on concepts, such as, **on/off**, **up/down**, **fast/slow**.
  o 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!

CM/JT 4.10.20

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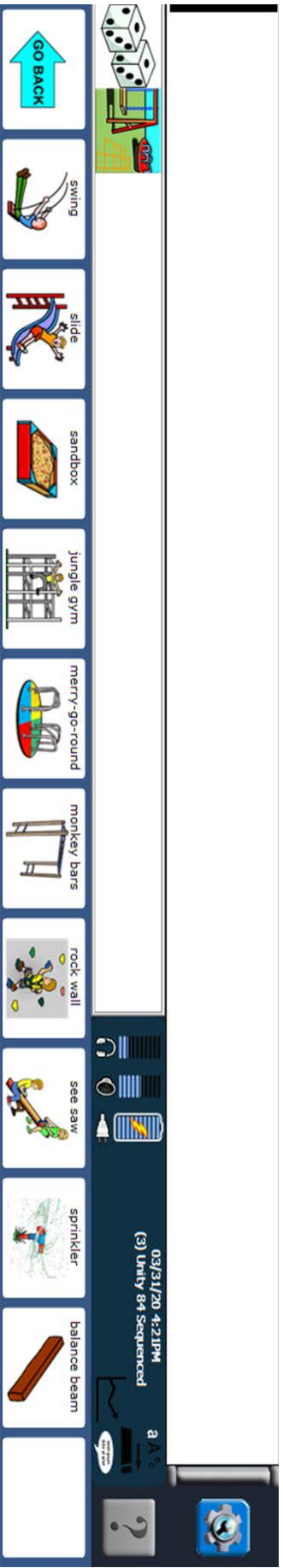
Using a low-tech communication board? Or need some choices to help you communicate during this activity?
The following strips can be used as choice boards or fringe vocabulary for the above activity. If you are using this as fringe vocabulary, you will need a single page communication board. These boards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

You can add this one to the LAMP WFL, Unity 84, Unity 60 low tech board.

You can add this one to the Unity 28, 36 or 45 low tech board.

GO BACK | swing | slide | sandbox | jungle gym | merry-go-round | monkey bars | rock wall | see saw | sprinkler | balance beam

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(3) Unity 84 Sequenced

PLAYGROUND Page

GO BACK | playground | beam | sandbox | swing | jungle gym | slide

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(2) Unity 28 Sequenced

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