PRC

OBSTACLE COURSE

Language happens everywhere, not just at the speech therapy table. Create an obstacle course rich in language to get your kids/clients engaged and communicating.
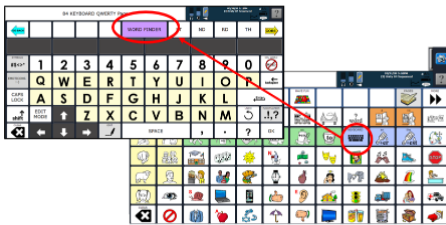
CORE WORDS

Do	I
Finish	You
Get/got	My
Go	In
Help	Out
Like	Up
Push	Down
Stop	Over
Turn	Under

MATERIALS

Pool Noodle	You
Pillow	Child/Client
Rope	AAC Device
Hula Hoop	
Tape	

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.

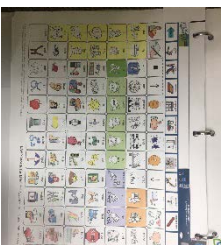| Reasons to Communicate	One Word	Two Words	Three (+) Words
Getting Wants/Needs Met (requesting objects/activities/ permission/attention, etc., directing action/to stop, request help)	Go Do Help Like Stop Turn Up	You go I do Push it Finish it Go up Help me Get up	You go up Help me up Help me go Go like this Do it like this You push it You turn around
Exchange Information (share and show objects, confirm/deny, request information, etc.)	Like Push Stop Go Finish Up Down Over Under Fun Get	Push it Go over Like this Do this Help me Get/got it Do it Get up Get down You under Under it	Whose turn is it? I did it I go under/over Go like this You get in/on Did you finish? Do you like it? I help you You got it in Push it under Push it in
Social Closeness/Etiquette (greet, take turns, comment, etc.)	I You My Like Go Do Turn Up Finish	I like Like this My turn You do I do (did) That fun That boring Did it It up	I finished it You did it It's my turn You went over That was fun It is under I stopped it I will help you I like this

Tips to Engage, Expand, and Succeed:

- You can make an obstacle course indoors or outdoors. And you can use things you find around the house! Pillows, chairs/stools, hula hoops, pool noodles, string, tape etc. all these items can be in an obstacle course. You can create climbing obstacles (using chairs or stools), balance "beams" (tape or string), and other specific obstacles using objects you have in your house (walk around a hula hoop, crawl through the hoop(s), jump from hoop to hoop, etc.).
  - If you need some more inspiration, check out these pins on Pinterest for more ideas:
    - https://www.pinterest.com/pin/226939268709308715/
    - https://www.pinterest.com/pin/298082069085426686/
- Trying to incorporate more language? At each obstacle you could stop and talk about what needs to be done for that obstacle. You could say things like: **go up**, **go under**, **jump over**, **throw it in**, **go up** on the balance beam and **walk on it**. ~OR~ Depending on your goals, you may have the child describe what they need to do.
- If you have other language goals to work on, put a picture/word on (or near the obstacle) and the child must make a phrase/sentence before completing the obstacle.
- This could be a great time to work on commenting. After the entire course, or each obstacle, ask "How was that?". Some responses could be: **fun**, **easy**, **hard**, **scary**, **cool**, **exciting**, **boring**.
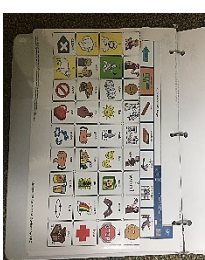
Using a PRC device and don't see a word you want to say? Find a quick video on how to add a word to your device:

https://www.youtube.com/channel/UCT1pgntWkiA5rklOvzGxoYA

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.

Obstacle Course Page

uh oh	obstacle course	fun	crawl	hang	arch	jump rope	ladder/stairs	tunnel
GO BACK	climb	fall		arch	balance beam	bars	chair/stool	Hula Hoop

04/16/20 4:12PM (5) Unity 84 Sequenced

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

Obstacle Course Page

fun	crawl	Hula Hoop	jump rope	ladder	rope/string	tunnel
climb	hang	arch	balance beam	bars	chair/stool

04/15/20 10:24AM (2) Unity 28 Sequenced