

See & Say Suggestions

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Some suggestions of ways to play "See & Say". This can be done with ages 4 to 104 and it can be done in a variety of settings and body positions. Below are some ideas to help you get started on this skill building activity.

Body Positions: You may have client:

- * seated on a chair or mat
- * balancing on one leg or on a balance beam
- * swinging or jumping on a trampoline
- * Rolling down a mat or on a spin board
- * Lying on their back (you may have them look to the side or tape items on a board and hold it above them)

Objects to name or describe:

- * Things found in a desk such as a paper clip or eraser
- * Things found in a lunch box (this can include food which stimulates the olfactory system)
- * Pictures of family or famous people
- * Pictures of places, hobbies, or subjects of interest
- * Random items that have no relationship with each other
- * Items that produce a sound
- * Items that have a scent
- * Items that are movable such as squishy or bendable toys
- * Items that have a memory attached to it

Variations:

- * Blindfold client and have them guess by touching
- * Hold item behind their back and ask questions or guess
- * Place in a box and ask questions to discover what it is
- * Place items on a spin board and keep them moving