

# LET'S EAT

It is always a good time to eat lunch

## THINK ABOUT . . .

Sequencing is a skill that we use everyday, sometimes without even realizing it! Teaching your child how to listen to and follow a sequence of steps is a lesson that they will be able to use in their everyday lives. Incorporating sequencing into things your child is familiar with will help them grasp this concept and make it fun for them to practice. With the wide availability of cameras on cell phones, you can also supplement this activity by taking pictures of each step.



## ACTIVITY

- 1- Tell your child that you are about to make something delicious. They are going to have to listen to a sequence of steps in order to make their sandwich.
- 2- Start by saying, *first* we need to get our bread. See if your child can get the bread or point to the bread on their own. If not, this is a chance to use an *auditory sandwich* strategy, in which your child first hears the word bread, then sees the bread, followed by you repeating the word. Take a picture of your child putting the bread on the plate.
- 3- You will move onto the next step by saying, *then* we need to spread peanut butter on a piece of the bread (take a picture). *Then* we will spread jelly on the other slice of bread (take another picture).
- 4- The last step will be given by saying, *last* put the two pieces of bread together.
- 5- Cut the sandwich in half, take a picture and enjoy a sandwich!
- 6- If possible, print the pictures and let your child retell the sequence of steps for making the sandwich with other family and friends. If a camera is not available, you and your child could also draw each of the steps for making a sandwich, giving your child these additional opportunities to reinforce sequencing and all the vocabulary that goes with it.

## MATERIALS NEEDED:

- Bread
- Peanut butter
- Jelly
- Plate
- Knife
- Camera (optional)
- Printed pictures or paper to draw (optional)

## PEPARATION:

- 1- Place your bread, peanut butter, and jelly on the table for your child to reach.

## VOCABULARY:

- Sandwich
- Peanut butter
- Jelly
- Plate
- Open
- First
- Then
- Last
- Spread
- Knife

## HELPFUL TIPS:

- Use acoustic highlighting on the words first, then, and last to let your child know you want them to pay attention to these words.
- If you do not want to make a peanut butter and jelly sandwich, you can do this same activity using other ingredients for a different sandwich, or other simple sequencing activities.

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