

# Apraxia Awareness Ideas: Preschool

## Explaining CAS:

Sometimes kids with apraxia have trouble talking so that other kids understand. This can make kids with apraxia sad. They want to ask you to be their friend, but they can't find the words. Do you need help with things sometimes? Do you get sad or mad when you're trying really hard to do something and you just can't? It's okay to need help with things sometimes. Kids with apraxia go to speech therapy to get help and learn to talk.

You can be a good friend to kids with apraxia! If you see someone alone and not playing, you can ask them to play with you! Friends can play without talking. You can find toys that you both like and play together without using any words at all, and still have fun! You can also ask kids with apraxia what they like to play with, and they will show you.

## Suggested activities:

- ★ Show the Youtube video "Ukelayla". It is an 8-minute video with no words that shows a girl who struggles to speak making a new friend. You can find it by searching "Ukelayla" on Youtube or going to <http://bit.ly/ukelayla>
- ★ Ask everyone in the classroom to wear blue for Apraxia Awareness Day (May 14th), your child's birthday, or another day of your choosing to show their support!
- ★ "Helping hands" activity: Have everyone trace their hand on a piece of blue construction paper and cut it out (with help from the adults!) Have them hold the blue hand over their heart (like saying the pledge of allegiance) and repeat after you: "I promise to be a good friend! I promise to help others!"



# Apraxia Awareness Ideas: K-2nd

## Explaining CAS:

Sometimes kids with apraxia have trouble talking so that other kids understand. This can make kids with apraxia sad. They want to ask you to be their friend, but they can't find the words. Do you need help with things sometimes? Do you get sad or mad when you're trying really hard to do something and you just can't? It's okay to need help with things sometimes. Kids with apraxia go to speech therapy to get help and learn to talk.

You can be a good friend to kids with apraxia! If you see someone alone and not playing, you can ask them to play with you! Friends can play without talking. You can find toys that you both like and play together without using any words at all, and still have fun! You can also ask kids with apraxia what they like to play with, and they will show you. You can also be a good friend by letting the teacher know if you see someone getting teased or bullied. If you speak up when someone acts as a bully, you will be supporting all the students at the school.

## Suggested activities:

- ★ Show the Youtube video "Ukelayla". It is an 8-minute video with no words that shows a girl who struggles to speak making a new friend. You can find it by searching "Ukelayla" on Youtube or going to <http://bit.ly/ukelayla>
- ★ Ask everyone in the classroom to wear blue for Apraxia Awareness Day (May 14th), your child's birthday, or another day of your choosing to show their support! okay! We can be a good friend by helping others when they need it.



# Apraxia Awareness Ideas: K-2nd

## Everyone needs help sometimes" activity:

- ★ Pass out blank sheets of paper and 3 different markers. Designate a color for each level of learning, such as:
  - Green: I can do that on my own
  - Yellow: I need some help doing that but I am learning
  - Red: I can't do that yet but I know to ask for help
- ★ For every sentence, ask the child to draw a star on their paper in that color. Fill in the blank: "Can you \_\_\_\_? If you can do that on your own, color a green star. If you need some help doing that, color a yellow star. If you can't do that yet, color a red star." You can print copies of the included template for this activity or have the kids draw their own!
- ★ Suggestions for filling in the blank: cut with scissors, tie your shoes, answer a question in class, color inside the lines, do 10 jumping jacks, tell a joke, play with toys, give a high five, solve a math problem, pour a glass of milk (Feel free to make up your own fill-in-the-blanks too!)
- ★ Hang up everyone's drawing. Explain that everyone needs help sometimes, and that's that's okay! We can be a good friend by helping others when they need it.



# Apraxia Awareness Ideas: 3rd-6th

## Explaining CAS:

Have you ever tried really hard to do something, but you just can't? How does that make you feel? Sad, mad, frustrated, upset? It doesn't feel good to struggle to do something, but it's okay to ask for help.

Some kids have trouble talking and they need a little help. Kids with apraxia can have trouble talking so that other kids can understand them. They want to ask you to be their friend or ask for help, but they have trouble finding the words. It might make them sad or mad when they are trying to say something but the words aren't coming out the way they want them to. It can feel bad when you aren't understood. But kids with apraxia are getting help from a speech therapist, who is teaching them how to talk and be understood.

You can help too! You can be a good friend to kids with apraxia. If you see someone alone and not playing, you can ask them to participate in games and activities. You can find things you have in common, like movies, video games, sports, or other fun things. It will make your new friend feel better and, maybe by showing kindness, you will feel good too. You can also be a good friend by letting the teacher know if you see someone getting teased or bullied. If you speak up when someone acts as a bully, you will be supporting all the students at the school.



# Apraxia Awareness Ideas: 3rd-6th

## Suggested activities:

- ★ Show the Youtube video "Ukelayla". It is an 8-minute video with no words that shows a girl who struggles to speak making a new friend. You can find it by searching "Ukelayla" on Youtube or going to <http://bit.ly/ukelayla>
- ★ Ask everyone in the classroom to wear blue for Apraxia Awareness Day (May 14th), your child's birthday, or another day of your choosing to show their support!
- ★ "The Good Friend Chain" Activity:
  - ★ Pass out strips of blue construction paper (3-5 per child).
  - ★ Ask them to write on the strips of paper different ways they can be a good friend.
  - ★ As they finish, staple the strips into a paper chain. Challenge them to see how long they can make the chain.
  - ★ Explain that when everyone tries their hardest to be a good friend, it makes the whole classroom and the whole school better and stronger!



**Everyone needs help sometimes,  
and that's okay!**



**I can be a good friend by helping  
others when they need it!**