

**Let's Chat: Assistive Technology Recipes for Success!**  
**Sometimes I Feel Sunny**



**What do you need?**

Sometimes I feel Sunny book and craft items from fine motor activity  
(Construction paper, Popsicle sticks, googly eyes, markers and glue)

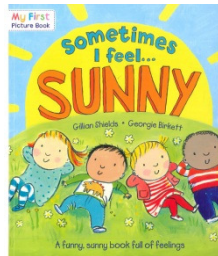
**What do you say?**

**Core vocab:** I, you, do, wear, get, that, put, on, in, want, colors, feel, like, don't, turn, it, want, he, she, my, your, read

<b><u>Language Purpose</u></b>	<b><u>One Word</u></b>	<b><u>Two Words</u></b>	<b><u>Three Words</u></b>
Requesting (book, craft items)	Want (with or without pointed finger)	Want that (with pointed finger); Want read/color	I want that (with pointed finger) I want read/color
Commenting	Happy/sad/mad	Feel happy/sad/sick	He/she feel happy/sad/tired
Commenting	Like; Don't	I like; Like it; Don't Like	I like it/that; Don't like it/that
Directing	Get; Put	Get that Put on	I/You get that; I/You put on/in
Directing	Turn	I/you turn	I/you turn it
Directing	Happy/sad/mad	Do/Wear sad/happy/mad, etc.	You/I do/wear happy, sad, mad
Social	Turn	My turn; your turn	My turn read/wear/do/put; Your turn read/wear/do/put

**What do you do?**

- Show your child the book and find a comfy place to read together. Tell her "want read!" As you read the story, let your child say "turn" or "I/you turn" to direct turning the pages to hear more of the book.
- The children in this book feel many different ways. Use the device to say "happy", "feel happy" or "he feel happy" as you look at the children in the book.
- Use words on the device that are consistent with other images in the story. Model words like "stop" when the children are fighting over a toy, "like/don't like eat" for the child eating ice cream, "play" for children playing dress-up.
- After you finish reading it is time to make your masks. With OT materials provided, cut out circles of each color for your child.
- Tell your child "my turn!" Then tell her "want red/blue/etc.". Tell her "get" (paired with point) or "you get that" and point to googly eye, popsicle stick, etc.. Then tell her, "put on" and glue the item to the mask.
- If you only put on one eye, you can tell her "Need more". Then tell her "get that", pointing to second eye.
- Then ask (verbally) "How does he feel?" Model "feel happy/tired/sad" and then let your child select an emotion for your mask. Draw the corresponding face on the mask, or, if your child wants to draw, tell her "you do".
- Now she can say "my turn" and take a turn directing you by saying "get" and pointing, then "put", and "feel sad/mad/etc".
- After your masks dry, take turns wearing them. Tell her "I wear/do" or "I wear/do sad/tired/etc". Take turns directing each other to wear different masks.



### Fine Motor Activity for Sometimes I Feel Sunny

Courtesy of: Allison Erfort, OTS



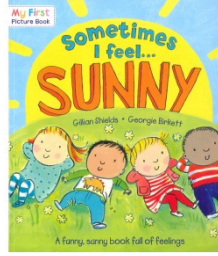
Materials needed: construction paper, popsicle sticks, markers and glue

- **Cut 6 circles out of the construction paper for younger children. For older child: draw the circles or have them cut his/her own circle shapes out.**
  - *Try to stay on the drawn line when cutting and hold the paper with your helper hand*
- **Use a marker to draw 6 different facial expressions on the circles**
  - Ex) happy, surprised, sad, confused, content, mad
  - *It may be helpful to draw out examples for the child or to use pictures from the book as samples that the child can copy*
- **Glue popsicle sticks onto the back of each face**

→ **Ways to modify the craft:**

- Use a Q-Tip to spread the glue onto the popsicle sticks

**Great Job! Now can you name what each face is feeling? Can you match each face to a face that's in the book?**



## **Gross Motor Activity for Sometimes I Feel Sunny**

Courtesy of: Mandy Butler, PT, DPT

Gross motor movements can be associated with the way we feel. Below is a list of some of the feelings described in the book "Sometimes I feel Sunny." Sit down with you child and help choose a movement that they think relates to each feeling. There are some examples of movements for each feeling listed in parentheses, but feel free to be creative and have your child make up their own movement. Then when you all read this book together, the child can act out each feeling with the movement they selected.

**Sunny:** \_\_\_\_\_

(jumping up high, reaching up high on tip-toes, galloping, skipping)

**Angry:** \_\_\_\_\_

(marching / stomping, kicking legs while lying on back, running fast)

**Needing a Hug:** \_\_\_\_\_

(hug a stuffed animal, hug themselves, squeezing their body into an egg shape)

**Feeling like a King:** \_\_\_\_\_

(hopping on one foot, jumping from the ground to the sky, balancing on one foot)

**Dizzy:** \_\_\_\_\_

(spinning in a circle, forward roll, jumping and turning)

**Rosy, Smiley, Happy Days:** \_\_\_\_\_

(float around moving arms up/down, twirling on one foot, doing a favorite dance move)

**Frightened, Scared, and Lost:** \_\_\_\_\_

(run to hide behind furniture, squat down low and tuck chin to chest, log roll)

**Dreamy:** \_\_\_\_\_

(tip-toe walking, running and jumping up into 'space', pretend elephant walks)

**Sleepy:** \_\_\_\_\_

(climb into bed, lay down on the floor, stretch body while yawning)