

# Rubber Band Words



## Learning Value:

This activity promotes development and learning by encouraging children to demonstrate phonological awareness.

## Materials Needed:

- ▶ None

## Participants:

This activity is intended for adult/child interaction.

## Directions:

**Step 1:** Say a one syllable word like cat slowly, stretching it out so you hear each sound clearly. As you say the word, hold your hands in front of them and stretch them out as you stretch the word.

**Step 2:** Move your hands quickly together, snapping them back as you finish saying the word.

**Step 3:** Try a few more one-syllable words. Can your children follow you? Do they hear each sound?

**Step 4:** Try a few longer words.

Bright Horizons.

**World** at Home

