



A Comprehensive Guide

Choose the Perfect Language Activity

Every. Single. Time.



Why language learning is SO important...

It's no secret that learning languages, especially at a young age, reaps a lifetime of benefits. Better communication skills, travel & more job opportunities are just the tip of the iceberg. Children who learn multiple languages also:

- are better able to focus and concentrate on complex mental tasks
- have better reading comprehension skills
- have higher test scores
- are more effective problem solvers
- are more empathetic towards others
- better understand their first language
- and-
- experience a later onset of dementia in later life

We all want these things and more for our kids, but we can't force them to learn a language and we definitely don't want them to hate it! So, how do we guarantee that they'll love it?

I'm so glad you asked because you're about to find out! Grab a cup of your favorite drink and let's chat...

Bridgette

Key Factors to Choosing the Perfect Activity

If you have kids then you know just as well as I do that every kid is unique. Each and every child has their own personality, passions, preferences and quirks. Not everyone learns the same way and this is exactly why there is no one-size-fits-all method for foreign language learning. The key is in identifying exactly what will have your child begging for more as they fall absolutely in love with language learning while also identifying what to avoid so they don't develop feelings of dread and anxiety.

So let's jump in....here are 4 questions that will help you identify exactly how to get your child begging for more. You can use the worksheets at the end to jot down your thoughts.



1. WHAT MOTIVATES YOUR CHILD?

Think for a moment about what things motivate your child in other areas of their life. They might be motivated by earning rewards or by activities done together that build relationships. Are they motivated by a good challenge, words of encouragement or do they simply love learning for the sake of having more knowledge?

If you're not sure, think about what motivates them to help around the house or do school work? What do they enjoy doing for fun and what do they like to learn about?



2. WHAT MAKES YOUR CHILD FEEL CONFIDENT?

Now think about those times when your child is most confident in themselves, likely when they're doing something that they're good at or when they're experiencing success. Maybe it's when they're reading a book, playing a sport, cooking or playing a board game. It could be when they're playing with toys, singing or caring for pets.

It's ok if some of your answers to this question overlap some of your answers to the first question but I challenge to come up with a few answers unique to this question as well.



3. WHAT MAKES YOUR CHILD FEEL ANXIOUS?

Now that you've identified a few positive things that should be integrated into your child's foreign language learning, let's think about what you should avoid. What causes your child anxiety? Remember anxiety in kids doesn't always look the same as anxiety in adults. It may present as irritability, being fidgety or even being very clingy. Your child likely experiences many or all of these when they're hungry or tired but what other times do you notice it. Are there specific times, places, activities or people that cause anxiety for your child?



4. WHAT IS YOUR CHILD'S PERSONALITY LIKE?

How would you describe your child's personality? Are they introverted or extroverted? Do they tend to have high energy or not? Do they prefer gross motor activities like jumping, dancing & balancing or small motor activities like drawing, play-doh & gardening? Do they do best in the morning, mid-day or evening? How long is their attention span? How do they handle screentime?

Pulling It All Together (part 1)

Here's where the real magic happens! Jot down your answers to each of the questions in this guide to determine the ideal (and not so ideal) times, places, activities & experiences to take advantage of when teaching your child a new language. Be sure to repeat this exercise for each child. Remember one size does NOT fit all!

What motivates your child?

These are perfect motivators to keep your child's momentum going!

What makes your child feel confident?

These are the actual activities that you want to integrate their new language into!

What makes your child feel anxious?

Always avoid associating these things with your child's language learning!

What is your child's personality like?

Activities aligned with your child's personality will also align with accelerated learning!

Pulling It All Together (part 2)

Use this space to brainstorm activities that would be a great fit for your child. Think about your answers on page 6, resources that you can gain access to, your own language ability and your family's schedule. Remember, it doesn't have to be 100% immersion. If you bake with your child, you can start by just using numbers in your target language. **Starting small is better than not starting at all!**

I've included a list of ideas to get you started but don't limit yourself to only things on this list. Be creative, think outside the box and don't overthink it. Just write it all down with no judgement and see where it goes.

Sample Activities for Language Learning at Home

Listen to music	Drawing	Reading Stories	Playdates
Dance Party	Painting	Audio Books	Gardening
Sing-Along	Crafts	Podcasts	Baking
Nursery Rhymes	Play-Doh	TV Shows	Caring for Pets
Simon Says	Pretend Play	Apps	Cleaning Up Toys
Charades	Scavenger Hunt	Virtual Classes	Self Care
Board Games			

What activities might be a perfect fit for your child?

Write down anything that fits with your answers on page 6, then try them out to see what works best for your child.