

## **Section 15: Building Literacy and Essential Skills into Daily Life: Strategy 7: Phonics**

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### **Handout 13: Ideas for adult-focused flash cards and phonics activities**

- Create flash cards using computer terms (e.g., mouse, file, email).
- Place labels on household objects. Have clients match their flash cards to labels; play memory game with the flash cards after.
- Create hockey cards with client interested in hockey.
- Create flash cards on different sports for a sports fan – builds vocabulary around each sport.
- Use flash cards to remember work tasks, underlining important things.
- Prepare salad step-by-step with instructions printed on flash cards. You can build on this activity using after meal activities (e.g. washing the dishes).
- Trip to the library – use flash cards to show things you can do at the library (i.e., reading books/magazines together, working on the computer) Can also be transferred to other activities (e.g. going to the gym).
- Self-care education – create flash cards: h is for hygiene, e is for exercise, etc.
- Flash cards for food choices, identifying proteins, healthy choices, awareness of where food comes from.
- Flash cards educating about healthy lifestyles/self-care (e.g., healthy fats on one side, bad fats on the other).
- Flash cards showing no touching without permission to inform new workers. (Learner keeps cards with her and staff records her wishes in book.)
- Keep in mind culture and language, and support those when making flash cards.
- Make flash cards to learn new terminology or definitions learner encounters.
- Use flash cards to navigate medical system – clinic, family doctor, provincial health care cards, prescriptions, etc.
- Client wants to give tours – after determining what skills he needs to do this, create flashcards to remind him.