



100 Things You Can Do with an SGD	+ = I can - = I can't	+ = Important Let's start customizing	On my device (date)
1. Get your YESs and NOs Straight			
2. State critical personal information in a crisis			
3. Describe specific aches/pains to a caregiver or healthcare professional			
4. Communicate specific preferences regarding food and drink			
5. Play Bingo			
6. Engage in small talk			
7. Give compliments to others			
8. State what you like about something			
9. Say things that you used to say a lot (e.g. after a while crocodile)			
10. Give an opinion			
11. Use adjectives (cold, hot, itchy)			
12. Recall proper pronouns such as names			
13. Ask for leisure activities such as reading the paper, watching TV, listening to the radio, looking at photo albums			
14. Tell someone that you love them, appreciate them or care			
15. Tell a joke			
16. Request grocery item			
17. Request personal care items			
18. Talk about the weather			
19. Talk about your family			
20. Make a phone call			
21. State the location of pain			
22. Describe pain (dull, sharp, aching)			
23. Communicate how long pain has existed			
24. Tell whether pain is continuous or inconsistent			
25. Tell how pain changes with movement, medication, activity			
26. Make choices given several options			
27. Sing Happy Birthday			
28. Offer people candy			
29. Give a compliment			
30. Refuse to do something you don't want to do			
31. Tell someone you must go to the restroom			
32. Tell someone to shut up			
33. Tell someone why you're crying			
34. Ask a favor			

35.	Offer to help someone			
36.	Give your opinion			
37.	Start a conversation			
38.	Wonder something out loud			
39.	Pray for a friend			
40.	Tell someone why you're mad			
41.	Ask for a hug			
42.	Tell someone to leave you alone			
43.	Play cards			
44.	Trash talk someone			
45.	Yell at the TV when your favorite sports team messes up			
46.	Cheer when your team makes a touch down			
47.	Order in a restaurant			
48.	Make a transaction at a bank			
49.	Refill your prescriptions			
50.	Tell your kids to go to bed			
51.	Tell someone you're lonely			
52.	Invite people to your house for coffee/dessert			
53.	Introduce your spouse to someone			
54.	Explain why you cannot use your natural speech			
55.	Get involved with your medical care			
56.	Be the BINGO announcer			
57.	Tell someone about where you used to live			
58.	Talk to a policeman when you get pulled over for speeding			
59.	Ask for information from store employees			
60.	Explain how to get somewhere			
61.	Say the names of foods that you like			
62.	Say the names of foods that you don't like			
63.	Tell someone your phone number			
64.	Ask about your bank account/money situation			
65.	Tell others about your previous work			
66.	Tell others about your children			
67.	Introduce yourself			
68.	Talk about your day to someone			
69.	Share opinions			
70.	Talk about the news			
71.	Explain your health concerns to someone			
72.	Ask about your progress in therapy			
73.	Ask what your blood pressure is			
74.	Tell someone you feel like your sugar is low			
75.	Complain about politics			
76.	Say what you would like to watch on TV			
77.	Tell someone how to make you comfortable in bed			
78.	Ask when someone will come see you			
79.	Invite someone to have coffee or a meal			

	with you			
80.	Participate in a religious class or event			
81.	Tell someone a secret			
82.	Read the news			
83.	Complain about bad service			
84.	Tell someone you are afraid or depressed			
85.	Disagree with what someone says			
86.	Tell someone about past travels			
87.	Ask about your medicines			
88.	Talk about driving a car			
89.	Confess that you did something wrong			
90.	Ask for some new clothes			
91.	Tell someone you are proud of them			
92.	Ask someone how they are doing in school			
93.	Do therapy exercises			
94.	Talk about your faith			
95.	Talk about pets			
96.	Tell others about things or people that you miss			
97.	Tell others what you are grateful for			
98.	Ask the price of something			
99.	Answer the phone			
100.	Tell someone to go away			
101.	Practice your speech			