



## Following Directions

This activity will help your child learn to listen to instructions and talk with language about positions (over, under, through, next to, on the top etc) and prepare for school.

Learning to follow directions is a skill that proves useful in many areas.

Following directions helps children stay safe in emergencies and in everyday situations.

Making a string treasure obstacle course. Use the string and wrap it around sturdy items either indoors or outdoors. Type one end to a sturdy item (sofa). Encourage the child to pass the string under, around and over the items in the space following your direction and with a little help. E.g. chairs, under cushions, through table legs and over toys.

Together have fun trying to squeeze through, go over and under the string without trying to touch it. Don't forget to send us a picture.





## Why not try-

### Direction Cards

Before you start, draw a simple picture of each step in a process, such as baking cookies or making a model or cleaning your teeth. Choose an activity that has specific sets that must be followed for success. This helps the children realise that all steps are critical when following directions. The children look at each card and complete the corresponding step in order. If they follow the steps exactly, they should be able to finish the project. Cooking is the most fun, but you don't even have to put it in the oven. Why not make a sandwich, fruit salad or crackers and cheese?

### Treasure Hunt

A treasure hunt is essentially a list of directions to follow to find a reward. Create a set of directions or clues that lead the children to the end of the treasure hunt. You read out the clue and the children follow each step to find the next clue. Another option is to draw a map with specific directions. This might include directing the children to take a set number of steps or go to specific landmarks. If the children follow the directions correctly, they are rewarded with the treasure at the end- This could be a favourite toy, snack or photo of a fun place to go- like the park.

### Block Structures

Blocks are popular with children, but they also work well to teach children about following directions. Create a block structure ahead of time-keep it simple to start with (e.g. 4 blocks on top of each other). Give the children step-by-step directions to reconstruct the block building. Look at your model for help and talk about it if you need to. To give the children a chance at giving directions, let one child build his own block structure. He then gives you directions to build the structure. This helps children break down a task and learn the importance of including all steps.

### Drawing a Picture Directions

A blank page creates can help your child to follow directions. The activity works well in a group but can also be used with one child. Each person needs a blank piece of paper and a set of the same crayons/pens. Make an example picture of something you and your child like. E.g. a cat or a shape or pattern. Colour a copy of the picture ahead of time to serve as a reference. Give directions for colouring each section of the picture. For example, you might instruct the children to first colour the head red, then the whiskers black and next the grass green. Both draw the picture together and compare whether they look alike or different. Let your child draw a picture and give you instructions! It is trickier than you think. Help your child to say the sentences and use words such as first, next, after and then.

