



## English Language Arts

### Follows multi-step directions



Learning to follow directions is a very important life skill. By learning to follow directions early on, children are more likely to thrive in a variety of settings, such as at school, a friend's house, or the grocery store.\*

### ACTIVITY IDEAS

#### Getting Ready

Provide your child with a morning routine and help her to follow the routine every day (e.g., brush teeth, brush hair, get dressed). Start with just a few steps, and then add steps as she is successful.

#### Practice Making the Bed

Teach your child to make his bed. You will need to assist in the beginning. Realize it will not be perfect, but that he is practicing to remember and duplicate a series of steps.

#### Mother May I

While outside, play the game "Mother May I?" For example: "Marcus, take two steps forward, then hop one time." Your child then says, "Mother May I?" and follows the steps. Another fun game to play is "Simon Says." "Simon says touch your nose. Now, stand on one foot. Simon didn't say stand on one foot!"

#### Little Gardener

Provide materials for your child to plant her own seed (e.g., cup, soil, seed, water). Give step-by-step directions, both verbally and by drawing pictures, if needed.

#### Games with Directions

Play board games that involve multi-step directions.

\* Simmering, V. R. (2016). Working memory capacity in context: Modeling dynamic processes in behavior, memory, and development. *Monographs of the Society for Research in Child Development*, 81, 7–24.