



Follow My Directions

Ages 2 to 3 years

Objective: The child is able to follow verbal and visual directions when their parent tells and shows them how.

Materials needed:

You and your child!

Child-friendly music or Radio

Procedures:

1. Turn on some music (turn down low so your child can still hear you talking)
2. Start clapping. Tell your child to follow what you are doing (make sure you do the directions to model what you want them to do with you).
3. Can you clap with me? Clap, clap...clap, clap, clap.
4. Now tell them to hop like a bunny.
5. Run in place.
6. Sit down. Now stand. Now clap, clap, clap!
7. Put your arms up.
8. Touch your toes.
9. Touch your head, and now your nose.
10. Can you clap with me? Clap, clap...clap, clap,



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11. Sit down, now stand up.
12. Touch your ears, and your eyes.
13. Now it's time to wave bye, bye!
14. Yay...make sure you cheer with them and clap for following such good directions with you! Praise, praise, praise mom!
15. You can make up your own directions you want your child to follow along with, too!

Milestones to meet:

The child is able to follow verbal and visual directions when given or shown.

Evaluation:

Did this lesson work for your child? Why or why not?