



Follow My Directions

Ages 4 to 5 years

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

Materials needed:

PB&J How-To Cards (print from resources page)

Procedures:

1. 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).
2. Can you clap with me? Clap, clap...clap, clap, clap.
3. Now tell them to hop like a bunny.
4. Run in place.
5. Sit down. Now stand. Now clap, clap, clap!
6. Put your arms up.
7. Touch your toes.
8. Touch your head, and now your nose.
9. Can you clap with me? Clap, 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. Last, have them follow directions using a recipe. Making a PBJ sandwich. Print PBJ How To cards and do activity with your child.

Milestones to meet:

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

Evaluation:

Did this lesson work for your child? Why or why not? Email me if you have any questions about this activity.