



# “I can mimic”

## Ages 1 year—2 years

**Objective:** The child shows response to physical activity when shown.

### Materials needed:

Just you and your child!

### Procedures

1. For this lesson, you are going to follow the steps below to show and do in front of your child, and encourage them to watch and do with you. Repeat about 3 or 4 times in a row to help them be encouraged to mimic and do with you.
2. Steps to do and say—repeat in this same order:
  - Smile and wave
  - Jump up and down
  - Clap your hands
  - Stomp your feet
  - Say “ma-ma” and “da-da”
  - Stand up, turn around, then sit down

Say what you are doing, as you are doing it.

Repeat these actions again 2 or 3 more times .



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3. If your child does not seem like they are wanting to participate or follow along with you. Do the actions first to show more than 1 time, then encourage by doing the motions with your child's body for them. If they pull away and still do not want to participate, do not force. Just try again later on in the day. Even if they do not mimic and participate along, they are learning by just watching you do and say the actions.

### **Milestones to meet:**

The child can watch and mimic the actions and motions of an adult they see.

### **Evaluation:**

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