



“I can mimic”

Ages 2 years—3 years

Objective: The child can do and mimic 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 follow along and do.
2. Steps to do and say—repeat in this same order:
 - Wave two hands up high and smile
 - Jump up and down like a rabbit
 - Clap your hands and stomp your feet
 - Touch your head and rub your belly
 - Pretend to swim like a fish
 - Growl like a lion and bark like a dog
 - Stand up, turn around, then sit down

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

Repeat these actions again 3 or 4 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. 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.

4. Be creative, think of other words, motions, or actions you can do to teach your child to follow directions and act it out with you.

Milestones to meet:

The child can do the actions and motions of an adult they see. The child can follow visual directions.

Evaluation:

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