



Cognitive: Up and Down

Ages 2 years to 3 years

Objective: The child will demonstrate understanding of the concept up & down through movement & deciphering pictorial representations.

Materials needed: (any/all of the following)

Ball OR Something that rolls

Books (enough to make a small "ramp" out of them: prop about 3 or 4 on top of each other, use a larger book for the "slant ramp")

Up & Down sheet (print from resources page)

Procedures

1. Begin by creating the ramp out of the books in front of your child.
2. Take the ball and put it at the top of the ramp (or let child do). Say to your child "the ball is up."
3. Now let it go so it rolls down the book ramp. Say to your child as it rolls down "the ball is going down." (let your child roll it down and say "down")



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4. Do it again about 3 or 4 more times to build awareness of what is happening in your child.

Consistently repeat "up and down" phrases of what the ball is doing while showing your child.

5. Now pick up your child. Tell them as you do so, "____ (say child's name) is up with mommy/daddy."

6. Now put your child down on the ground. Tell them as you do so, "____ (say child's name) is down on the floor."

7. You can also ask your child "are they up or are they down?"

8. Now use one hand to put up at the ceiling. Say to your child "up." Then, use one hand to point at the floor. Say to your child "down." Ask child to mimic pointing up & down with you, while repeating words.

9. Last, hold your arms up and say "my arms are up, can you put your arms up?" Now touch your toes and say "my arms are down, can you put your arms down and touch your toes like me?" Continue this up/down motion 2 more times with child.



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Optional Extension Activity:

Complete the printable sheet "Up and Down" with your child. Be their guide. Have them circle all of the arrows on the first page that are pointing up (refer to arrow at top of page for visual pictorial representation of which direction of arrows they need to look for). On the second page, have them circle all of the arrows going down (same directions as mentioned above about using the top arrow pointing down as their visual guide).

Milestones to meet:

The child understands concept of up and down. The child can look at arrows pointing up and down and begins to recognize the similarity in them.

Evaluation:

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