

# READY, SET, GO!

## PRACTICE FOLLOWING DIRECTIONS PAIRED WITH PHYSICAL MOVEMENT

### THINK ABOUT . . .

The purpose of this activity is to allow your child to practice following multi step directions. This activity requires your child to use auditory skills to catch each piece of the direction. The Listening and Spoken Language strategy “wait time” will aid your child in successfully completing each direction. Children with hearing loss often benefit from extra time to process the information they hear and then respond. When completing this activity, allowing your child 7- 10 seconds of wait time after you have given them the direction will allow them time to respond to the instruction.



### MATERIALS NEEDED:

- Household items to create the obstacle course

### PREPARATION:

- 1- Gather a variety of items
- 2- Place them in an open area to create the obstacle course

### ACTIVITY

- 1- Set up an obstacle course with items from around the house or in your yard. An example of these items could be balls, pool noodles, bucket or other containers, toy cars or animals, etc.
- 2- Review the components of the obstacle course with your child. You can do this by asking the child what items are in the obstacle course. Before giving the child an instruction, you want to make sure they understand the language that you are using.
- 3- Provide your child with a direction containing two or three steps. Challenging them to do the instruction quickly can add an extra element of motivation. For example, “Put the red ball in the bucket.” Ready, Set, Go!
- 4- If your child is successfully completing the tasks, you can increase the number of steps in the tasks (i.e. Put the ball in the bucket and bring the noodle back to me.), or require your child to listen for more critical elements such as color (i.e. Put the red ball in the biggest bucket.).

### VOCABULARY:

- First
- Next
- Last
- Variety of colors
- Big
- Small
- Prepositions such as in, out, on, and under

### HELPFUL TIPS:

- Remember to use wait time after giving your child an instruction. This may allow them the extra time they need to process what they heard.
- Feel free to alter your directions to meet your child’s abilities while still challenging them.
- This activity can be a game that incorporates the whole family, giving each member a chance to complete a direction with the obstacle course.

*Special thanks to graduate students in the Listening and Spoken Language Deaf Education graduate training program at Utah State University. These pages can be reproduced for educational purposes.*

