

Simon Says

Primary Objectives

- 4. Demonstrates traveling skills
- 5. Demonstrates balancing skills
- 8b. Follows directions

Why It's Important

Active games that encourage your child to listen to details and directions will nurture his ability to understand spoken language and move his body in new ways.

Materials

Large open floor space or outdoor area; audio recording, if needed

What You Do

1. Invite your child to dance with you. Play music, and encourage your child to move to the beat. Prompt him to describe his movements with words such as *flap*, *slide*, *leap*, *twirl*, *tiptoes*, *wiggle*, *sway*, *jump*, and *hop*.
2. Explain that you will now play Simon Says together. If desired, eliminate the rule about only moving when you say “Simon Says.” Give simple directions such as *Simon says flap your arms*. *Simon says march around the table*.
3. You can increase the difficulty of the game by adding more complex directions such as *Simon says clap your hands, then jump, jump, jump*. You can also increase the speed of the game to make it more challenging.
4. Invite your child to take a turn as the leader of the game. Follow his directions and describe your actions as you move.
5. Continue the game for as long as your child is interested.