

# TEACH KIDS TO FOLLOW DIRECTIONS WITH RELAY RACES

Kids need to learn how to follow directions just like they learn to do anything else—by practising! A fun way to practise following directions is by turning it into a game or activity. Why not try and turn relay races into an indoor following directions activity!

## Following Directions Activity

To set up the activity gather random items from the house and divide the kids into two lines. Ask them to walk across the room and back and do three tasks. An example would be put on a hat, crawl across the room, and give a high five.

Tell them all three things they have to do at once so they have to pay close attention to be able to follow the directions and finish the race. Model how to repeat the directions and get them to practise doing that while playing Another listening and following directions strategy is visualising the directions before you begin.

