

DO THIS AT HOME

Follow Your Leader

Try this activity at home to reinforce what your child learned about being a leader and following directions. Remind your child that a leader is kind and helpful, and that we ALL need to follow directions and rules—even as parents!

Materials Needed

15 index cards—Prepare the cards as follows:

- ▶ Label five cards with a “A” on one side, five cards with a “B,” and five cards with a “C.”
- ▶ On the back of each “A” card, write the name of an object in your home, such as a “ball,” “block,” “doll,” “crayon,” “truck” (or any five small-to-medium-sized objects).
- ▶ On the back of each “B” card, write the name of a location on the body, such as “on your head,” “on your belly,” “between your knees,” “in your hands,” and “under your chin.”
- ▶ On the back of each “C” card, write an action, such as “hop,” “walk forward,” “crawl,” “slither on your belly,” and “walk backward.”

What to Do

- ▶ Ask your child to be the leader.
- ▶ The leader chooses a “A,” “B,” and “C” card from the pile.
- ▶ Help your child read what the three cards are asking him to do. For example, if your child chooses “block,” “under your chin”, and “hop”, then he gets to go find a block, put it under his chin, and hop around the room!
- ▶ To involve any other children who may wish to play, have each child follow the leader around the room performing the action only (invite them to hop behind your child with the block under his chin).
- ▶ Now, move on to the next leader!

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.