

SIMON SAYS

INSTRUCTIONAL FOCUS

- Following 1 or 2-step directions, listening carefully before acting (addresses impulse control), gross motor skills

MATERIALS:

- None needed

DIRECTIONS

- Stand facing the student
- Give directions with or without saying "Simon Says". Students should only follow directions if it is preceded by Simon Says.
- Choose the directions that your student is able to complete

SIMPLE 1-STEP DIRECTIONS

- Clap hands
- Touch head
- Take 1 step forward
- Jump twice
- Turn around
- Hop on one foot
- Touch toes
- Raise your hand
- Raise both hands
- Dance
- Take 1 step back
- Put your hands on your knees
- Stomp feet
- Touch your stomach

SIMPLE 2-STEP DIRECTIONS

- Clap hands and stomp feet
- Take 1 step forward and turn around
- Hop on one foot and raise your hand
- Touch your head and jump
- Touch your head and touch your toes
- Touch your head and then your stomach
- Raise one hand and stomp your feet
- Raise both hands and turn around