



**What Is My Child Learning?**

Your child is learning that repeating directions to yourself helps you remember what to do.

**Why Is This Important?**

Being able to remember and follow directions helps children be better learners.

**Ask your child: What can you do to help you remember directions?** Possible answers: Listen. Use the Listening Rules. Focus attention. Use an attent-o-scope. Repeat the directions to myself.

**What parts of your body do you need to use to listen and follow directions?** Possible answers: My ears, my eyes, and my brain.

**Practice at Home**

Before giving directions for daily activities, remind your child to listen and focus. Then ask your child to repeat back the directions before starting. For example:

**You need to listen and focus on these directions.** Wait for your child to focus. **Please take your plate from the table and put it on the counter next to the sink. Now repeat out loud what I asked you to do.**

**Activity**

Give your child basic directions for how to draw a smiley face in the box. Before giving the directions, remind your child to listen, focus, and repeat the directions before starting to draw. Give the directions one at a time. Sample directions:

1. Draw a big circle for the face.
2. Draw two small circles for the eyes.
3. Draw one circle for the nose.
4. Draw a half circle for the mouth.

**Option:** Now switch places. Let your child give you directions for a simple drawing.



(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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