

Following instructions

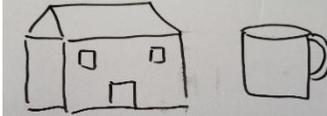
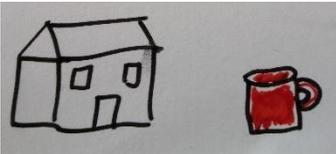
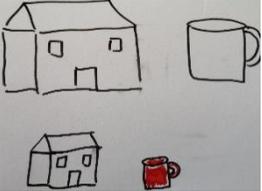
Practicing following instructions is really important for your child. It helps them to learn and understand new words and develop their ability to understand what others ask them to do. It is important to remember that your child might have different skills with following instructions.

- They might only be able to follow instructions if an adult uses a sign or gesture to help them understand (e.g. pointing to where they are supposed to go).
- They might only be able to follow instructions with one key word in them e.g. “find the ball” if you give them a ball and a cup. They may only be able to do this if you give them a choice of 2 objects or may be able to pick out the right thing from a choice of 3 or 4 objects.
- They might be able to follow longer instructions with two key words in them e.g. “find the blue ball” if they are given a choice of a blue ball, a blue cup, a red ball and a red cup.
- They might be able to follow longer instructions with three key words in them e.g. “find the big blue ball” if they are given a choice of a big blue ball, a small blue ball, a big red ball, a small red ball, a big blue cup and a small blue cup.
- They might be able to follow harder instructions with four key words in them e.g. “put the big ball under the table” if they have a big ball, a small ball, a big cup, a small cup and a table and a chair to put items on or under.

In order to show that they can follow the instruction fully, children need to have a range of objects available when they follow the instruction. For example if you ask your child to “find the big blue cup” but there is only a big blue cup and a small red cup, the child only needs to understand the word blue to successfully follow this instruction. It is hard to get your head around! Below are some ideas to help you practice this at home.

	One word instructions	Two word instructions	Three word instructions	Four word instructions
<p>Feed the puppet/toy – you need a puppet or soft toy and some plastic food or pictures of food.</p> <p>Put out the food, give your child the instruction and when they’ve found the right thing help them feed it to the puppet/toy. Yum!</p> <p>Remember you can substitute any of the</p>	<p>You need: a banana and a cup</p>  <p>Example instructions:</p> <ul style="list-style-type: none"> - Give puppet a <u>drink</u> - <u>Banana</u> please 	<p>You need: a big and a small cup, a big and a small biscuit</p>  <p>Example instructions:</p> <ul style="list-style-type: none"> - Teddy wants <u>big biscuit</u> 	<p>You need: a cup and a banana, a table and a chair</p> <p>Example instructions:</p> <ul style="list-style-type: none"> - Put the <u>drink on the table</u> for teddy - Put the <u>banana under the chair</u> for puppet - <u>Drink on chair</u> please 	<p>You need: a big and a small cup, a big and a small biscuit (or any other food), a table, a chair</p> <p>Example instructions:</p> <ul style="list-style-type: none"> - Put the <u>big drink under the chair</u> - <u>Small drink on table</u> - Teddy wants <u>small biscuit under table</u> - <u>Big biscuit on the chair</u>

<p>food items for other toy/real food.</p>	<ul style="list-style-type: none"> - Make teddy 'say' "I want a <u>drink</u>" - Puppet wants some <u>banana</u>. - Find <u>drink</u> 	<ul style="list-style-type: none"> - Find <u>small drink</u> - Puppet 'says' "I want a <u>big drink</u>" - Give teddy <u>small biscuit</u> 		
<p>Hanging up washing – you need a clothes horse and some clothes. Or you could make a washing line by tying string between 2 chairs and pegging up the clothes.</p> <p>Put out the clothes. Give our child the instruction and then help them hang up the right item if needed.</p> <p>Substitute the colours of clothes with other colours depending on what you have.</p>	<p>One word instructions</p> <p>You need: 2 items of clothing e.g. a sock and a t-shirt</p>  <p>Example instructions:</p> <ul style="list-style-type: none"> - Find <u>sock</u> - Where's the <u>t-shirt</u>? - <u>Sock</u> please - <u>Find</u> t-shirt. 	<p>Two word instructions</p> <p>You need: a blue sock, a white sock, a blue t-shirt and a white t-shirt</p>  <p>Example instructions:</p> <ul style="list-style-type: none"> - Find the <u>blue sock</u> - Where's the <u>white t-shirt</u>? - <u>White sock</u> please 	<p>Three word instructions</p> <p>You need: a blue sock, a white sock, a blue t-shirt and a white t-shirt clothes horse or 2 washing lines, 1 higher and one lower.</p> <p>Example instructions:</p> <ul style="list-style-type: none"> - Hang the <u>blue t-shirt</u> at the <u>top</u> - Hang the <u>white sock</u> on the <u>bottom</u> - Put the <u>blue sock</u> on the bottom - <u>White t-shirt</u> at the <u>top</u> please. 	<p>Four word instructions</p> <p>You need: a big blue sock, a big white sock, a big blue t-shirt, a big white t-shirt clothes horse or 2 washing lines, 1 higher and one lower.</p>  <p>Example instructions:</p> <ul style="list-style-type: none"> - Hang the <u>big blue t-shirt</u> at the <u>top</u> - Hang the <u>little white sock</u> at the <u>bottom</u> - Put the <u>little blue sock</u> at the <u>bottom</u>

<p>Drawing – You need paper and some colouring pencils/felt pens.</p> <p>You will need to draw the pictures first for your child to listen and follow the instructions.</p>	<p>One word instructions</p> <p>You need: 2 different colours of pens/pencils (e.g. red and yellow) OR draw 2 different animals or objects (e.g. snake and a cat, house and a cup)</p>   <p>Example instructions:</p> <ul style="list-style-type: none"> - Find <u>red</u> - Where's <u>yellow</u>? - Find the <u>house</u> - Show me <u>cat</u> 	<p>Two word instructions</p> <p>You need: 2 different colours of pens/pencils (e.g. red and yellow) AND 2 drawn different shapes, animals or objects (e.g. circle and square, snake and a cat, house and a cup)</p> <p>Example instructions:</p> <ul style="list-style-type: none"> - Colour <u>circle red</u> - Colour <u>house yellow</u> - Make the <u>square yellow</u> 	<p>Three word instructions</p> <p>You need: 2 coloured pencil (e.g. red and yellow) AND 4 drawn different shapes, animals or objects. Make 1 big and 1 small (e.g. big house, small house, big cup, small cup)</p>  <p>Example instructions:</p> <ul style="list-style-type: none"> - Colour the <u>big circle red</u> - Colour the <u>small house yellow</u> - Colour the <u>big cat red</u> 	<p>Four word instructions</p> <p>You need: 3 different colours of pens/pencils (e.g. red, blue and yellow) AND 3 drawn different shapes, animals or objects (e.g. circle, triangle and square, cat, house and cup)</p> <p>Example instructions:</p> <ul style="list-style-type: none"> - Colour the <u>circle blue</u> and the <u>triangle green</u> - Colour the <u>house yellow</u> and the <u>cup red</u> - Colour the <u>square blue</u> and the <u>circle yellow</u> 
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If your child finds following instructions hard you can make it easier by:

- Practicing instructions from the step down
- Taking a turn yourself, or ask a brother/sister to take a turn so they can see what you expect them to do
- Use gesture to help the child find the right item e.g. point to it/touch it – do this to start with and try to gradually stop doing it as you want them to start learning what to do without your help

Some other ideas you could try at home:

- Print out big pictures and stick them on the wall inside or outside and ask your child to run and touch a certain picture
- Ask your child to find a named item in different rooms e.g. 'find the spoon' in the kitchen, 'find the pillow' in the bedroom, 'find the soap' in the bathroom
- Ask your child to find a named item when playing e.g. 'find the man', 'find the dog' when playing with Lego or Duplo.

Paper based activities

These activities are from a website called Twinkl (www.twinkl.co.uk). Twinkl usually has a subscription fee but is currently free for parents to access for a month. You will need to register. Download the activities so you can keep using them in the future.

Use the following code to gain free access: CVDTWINKLHELPS

<https://www.twinkl.co.uk/resource/t-s-652-train-and-bus-following-instructions-word-game-2icw>

<https://www.twinkl.co.uk/resource/t-s-653-elephant-and-teddy-following-instructions-word-game-3icw>

<https://www.twinkl.co.uk/resource/t-s-3626-listen-and-colour-4-key-words-activity-sheet>

Following instructions apps

If you would like to practice following instructions using an app, these are some of the apps available. Please be aware that you do need to buy most of them and that some of them may be Americanised e.g. refer to a football as soccer. Your child is likely to need your help using the app, so you will need to sit with them as they play.



Fun with Directions HD Lite Free



Spingo's Language Universe £2.99 - some complaints online about the sound being very quiet



Following Directions from ICDA £4.99 - may need to change settings to ensure that instructions are read out to your child



Following Directions Monsters £19.99