



## Skill Carrying out a one-step request (in an unfamiliar situation).

Successfully following directions is an important life skill both at school and in the home. Help your child strengthen listening skills and build verbal processing while playing a game and having some fun!



### What you will need:

- Single-step directions
- Optional: Toys
- Optional: three- and four-step directions

1. Invite your child to participate in a variety of athletic endeavors.
2. Give one-step directions. Provide your child with a one-step request such as "Jump up towards the sky!" "Do two jumping jacks!" "Run around the tree." "Hop like a bunny."
3. Change up the directions. Continue providing directions and escalating the number of steps. Switch up the directives to match your child's interests, or to better suit your location.

### What you can say:

"I want to see your awesome athletic skills! Awesome athletes must be good listeners. Listen to my instructions and then show me your awesome athletic skills."

### Examples:

#### Location change:

If in a car, ask your child to "clap once" or "pat your knees three times"

#### Add more steps:

- Hop two times on one foot and then hop two times on the other
- Run to the end of the yard and then walk backwards on your way back
- Bounce the ball four times and then throw it in the air
- Run to the tree, do a jumping jack, and skip back



### Level Up:

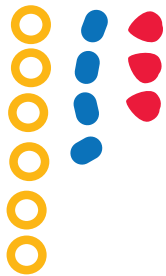
Add more steps to the directions.



### Level Down:

Help your child by modeling each direction for him as an example. Children process visual images much faster than they process verbal directions.

# Cereal Line-Up



## **Skill** Pair objects using 1-to-1 correspondence (for sets of up to 10 objects)

Children first use one-to-one correspondence to count objects as they say one number for each object they count. As children grow in their mathematical thinking, they then use this skill to compare groups of objects to determine which group has more or less. Pairing objects helps them make concrete connections between different sized groups of objects.



### What you will need:

- Cereal, snacks, or other small objects where the pieces have distinct and different colors, shapes, or sizes that can be sorted into groups.

- 1. Explain the game.**  
Invite your child to practice counting, pairing, and comparing groups of objects using cereal.
- 2. Sort the cereal.**  
Pour about 20 pieces of cereal on the table and have your child sort them into groups by shape, size or color—whichever makes sense for the food item.
- 3. Compare the groups.**  
Ask your child if she can tell which group has the most or least number of pieces (or if they are the same), just by looking at them!
- 4. Count the objects.**  
Encourage your child to check her answer by using one-to-one correspondence counting skills to determine the exact number in each group by lining up the pieces in each group. (See **"Spill the Beans"** on pg. 5)
- 5. Keep going!**  
Continue playing by changing the number in each group.



### Level Up:

- Add more cereal (or objects).
- Leave the pieces in piles when counting.



### Level Down:

- Reduce the number of groups to two.
- Reduce the number of objects.

# Ready, Set, Rain!



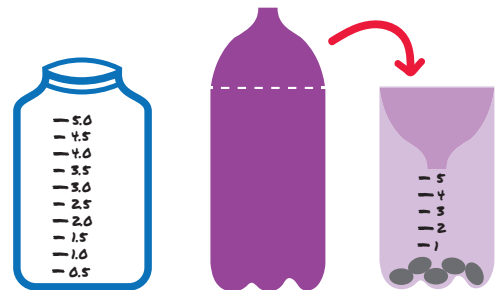
- 1. Make a rain gauge with a Mason jar.**  
Using a ruler, mark inches vertically on the outside of the jar.
- 2. Use a plastic 2-liter bottle.**  
Cut the top off of the bottle about a fourth of the way from the top; turn it upside down and tape it to the inside of the bottom of the bottle; add stones to keep the bottle from being blown over; then use a ruler to add the measurement marks on the outside.
- 3. Place the rain gauge outside.**  
Work with your child to place the rain gauge in a place that will capture the rain.
- 4. Keep a log.**  
Create a log that outlines the measurements (for example, Monday- 1 inch, Tuesday, 1/3 inch). Talk with your child about the differences in the rainstorms, using language such as "this is a lot of rain", "there is less rain today than yesterday", "there is more rain today", etc.
- 5. Make two!**  
Make two rain gauges so you can measure ongoing rainfall. One gauge to collect continuous rainfall, and the second to collect daily (or hourly) rainfall to compare against each other.



## What you will need:

- A Mason jar or plastic 2-liter bottle
- Ruler
- Permanent marker
- Tape\*
- Small rocks\*

\*if using the 2-liter bottle



# Making Beautiful Music!



- 1. Find unexpected instruments!**  
Ask your child to help you scout out household items that can make music: pots, pans, spoons, plastic containers (really anything will work!).
- 2. Line up and listen.**  
Take the items outside during a rainstorm, and line them up to listen to how raindrops sound as they drop onto various surfaces.
- 3. Play with the instruments.**  
To make other rainy sounds, invite your child to swirl water inside a pot, to pour water from one container to another (from way up high, or from close-by!).
- 4. Sort it out.**  
Have your child to arrange the musical household items from their favorite, to their least favorite. Or, from smallest to biggest (or, biggest to smallest).



## What you will need:

- Pots, pans, or other containers