

Objective 8

Listens to and understands increasingly complex language

b. Follows directions

Related Objectives: 1b, 2a, 5, 11a, 11b, 11c, 11d, 11e

What You Do

- 1. Invite the child to sit down and make body puzzles with you.**
- 2. Say, “I will do some movements. Let’s see if you can copy me.” Play some lively, upbeat instrumental music at a low volume.**
- 3. Give some instructions for making the body puzzle. Allow children time and support them to make the appropriate motions, e.g., “Touch your hands to your tummy,” “Touch your nose to your toes,” “Touch one hand to your head, and the other hand to your foot.”**

- **With infants, keep motions simple. Demonstrate them first and then gently move children's bodies to copy them.** "I'm touching my hands to my tummy. Let's touch your hands to your tummy."
- **Take photos of the poses children make and display them in an area where children can refer to them easily.**
- **Invite children to generate their own ideas for movements. Ask, "What two body parts can you touch together?"**