

Simon Says

Instructions:

1. Stand in front of your child.
2. Direct them into movements by saying "Simon says".
 - Simon says Jump
 - Simon says cover your eyes
 - Simon says touch your toes
3. If a child performs an action even when you haven't said "Simon says," let them know that "Simon didn't say."
4. Continue on. Nobody "gets out" at this age.
5. Here are a few movements you can instruct them to perform:

Hop	Side shuffle
Clap	Skip
High knees	Stomp
Arm circles	Twirl
Jumping jacks	Touch toes
Lunges	Fly like a airplane
Kick	Stretch arms up high

Questions to ask your child:

1. What do you think Simon should say?
2. Do you want to be Simon?
3. Why didn't you jump (or whatever movement they didn't perform)?



What will children learn?

This allows activity, helps children with balancing skills, encourages active listening and following directions.

Learning Objectives:

- Demonstrates balancing skills