

Help Me Hokey Pokey

Instructions:

1. Place the mirror against the wall so that your child will be able to see herself.
2. Invite her to sing "The Hokey Pokey" song with you in front of the mirror. You may want to listen to the song or sing it one time before introducing the motions.
3. Sing the song as you do the movements with your child. You may need to tap the body part that your child should move.
4. Observe which movements are more challenging for your child, such as putting one foot out in front of her. Offer support for any movements she finds difficult.
5. Remind her to listen to the song to know what to do next. *Let's listen to find out what we do after we turn around.*
6. When finished, sing the song again, making the tempo faster or slower to reflect your child's ability to follow along.
7. You can extend this activity by adding new lyrics and movements to the song for your child to follow.

Materials:

- Large mirror
- Recording of "The Hokey Pokey" song (optional)



What will children learn?

As your child learns to understand oral directions, she may need visual cues and physical assistance to fully understand what is being asked of her. Keeping directions simple and easy to illustrate through action helps to ensure that your child will readily grasp each small step as it is introduced.