



Following Unfamiliar Directions Worksheet Pack

Introduction:

Children with language delays often have difficulty following basic directions, especially when those directions involve multiple steps. At first, we teach them to follow familiar directions that are part of their everyday routines, like “sit down” and “come here”.

Once we’ve taught those familiar directions, we move on to teaching them to follow unfamiliar directions that they may not have heard or followed before. This packet will allow you to practice those types of directions.

Instructions:

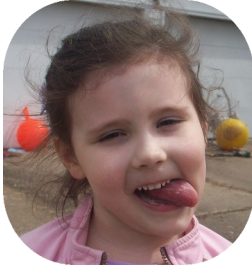
Use the pages of this packet in order. Follow the directions on each page and don’t move on to the next level until the child has mastered the previous level (able to complete the activity at least 80% of the time).

<https://www.speechandlanguagekids.com/how-to-get-your-child-to-follow-directions/>

Following Unfamiliar Directions, Level One:

Following One-Step Directions

Instructions: Point to one of the pictures below and have the child follow that direction. Make sure that the child can follow all of these directions before moving on to the next level. You can make this fun by playing a game while you work and having the child follow 1-3 of these directions before taking his turn in the game.



Make a silly face.



Clap your hands.



Touch your hair



Point to your eyes.



Touch your ear.



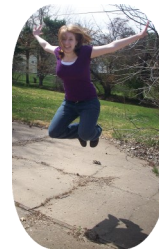
Touch your mouth.



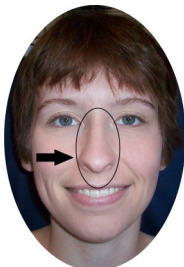
Stomp your feet.



Raise your hands.



Jump up high.



Touch your nose.



Touch your stomach.



Bend over.

Following Unfamiliar Directions, Level Two:

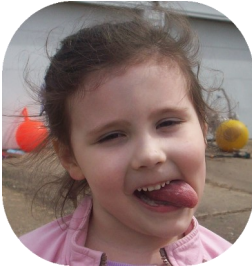
Following Two-Step Directions (Part One)

Instructions: Tell the child each direction below by saying “First, _____. Then, _____”. Point to each picture of the direction as you say each step. Then, help the child complete both tasks to follow the direction. Once the child is able to do this better, turn the paper so he can’t see the pictures and say the two-step directions to him out loud. See if he can follow it without seeing the pictures. Make sure the child can do that before you move on to three-step directions.

First...

Then...

1)



Make a silly face.



Clap your hands.

2)



Point to your eyes.



Touch your ear.

3)

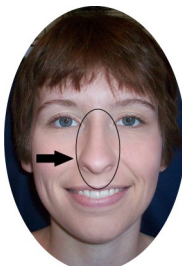


Stomp your feet.



Raise your hands.

4)



Touch your nose.



Touch your stomach.

Following Unfamiliar Directions, Level Two:

Following Two-Step Directions (Part Two)

Instructions: Tell the child each direction below by saying “First, _____. Then, _____”. Point to each picture of the direction as you say each step. Then, help the child complete both tasks to follow the direction. Once the child is able to do this better, turn the paper so he can’t see the pictures and say the two-step directions to him out loud. See if he can follow it without seeing the pictures. Make sure the child can do that before you move on to three-step directions.

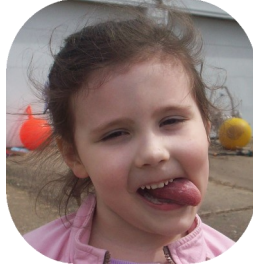
First...

Then...

1)



Touch your hair



Make a silly face.

2)

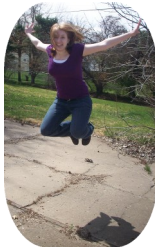


Touch your mouth.



Point to your eyes.

3)



Jump up high.

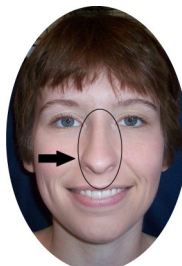


Stomp your feet.

4)



Bend over.



Touch your nose.

Following Unfamiliar Directions, Level Three:

Following Three-Step Directions (Part One)

Instructions: Tell the child each direction below by saying “First, _____. Then, _____. Last, _____”. Point to each picture of the direction as you say each step. Then, help the child complete both tasks to follow the direction. Once the child is able to do this better, turn the paper so he can’t see the pictures and say the two-step directions to him out loud. See if he can follow it without seeing the pictures. Make sure the child can do that before you move on to three-step directions.

First...

Then...

Last...

1)



Make a silly face.

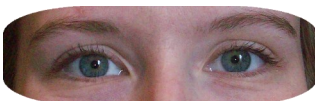


Raise your hands.



Touch your hair

2)



Point to your eyes.



Touch your ear.



Touch your mouth.

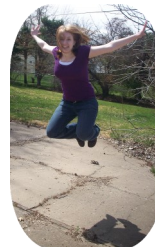
3)



Stomp your feet.

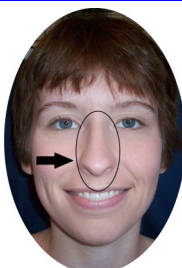


Touch your stomach.



Jump up high.

4)



Touch your nose.



Clap your hands.



Bend over.

Following Unfamiliar Directions, Level Three:

Following Three-Step Directions (Part Two)

Instructions: Tell the child each direction below by saying “First, _____. Then, _____. Last, _____”. Point to each picture of the direction as you say each step. Then, help the child complete both tasks to follow the direction. Once the child is able to do this better, turn the paper so he can’t see the pictures and say the two-step directions to him out loud. See if he can follow it without seeing the pictures. Make sure the child can do that before you move on to three-step directions.

First...

Then...

Last...

1)



Stomp your feet.

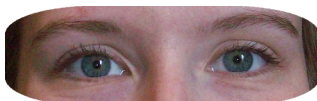


Raise your hands.



Touch your mouth.

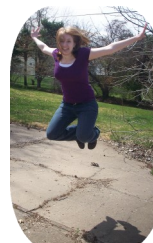
2)



Point to your eyes.

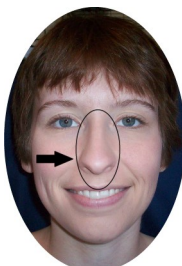


Touch your ear.



Jump up high.

3)



Touch your nose.

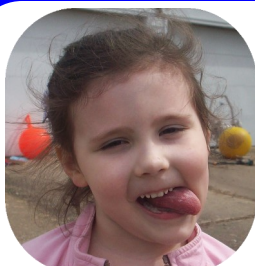


Touch your stomach.



Touch your hair

4)



Make a silly face.



Clap your hands.



Bend over.