STOP & THINK SOCIAL SKILLS CURRICULUM

Skill: Following Directions the First Time

INTRODUCTION & RATIONALE

Kids haven't been around as long as we adults have. Thus, it's more difficult to consistently demonstrate the skill of following directions the first time. Rest assured, the more we teach and reinforce the skill, the better they will get...and faster, too! It's important for students to know the skill of following directions the first time and when to use it.

THE STOP & THINK PROCESS

- . I need to stop and think.
- 2. Do I want to make a good choice or a bad choice?
 - What are my choices or steps?
- I need to do it.
- I did a good job!

TEACHING

- First, I stop and think.
- Next, I ask myself, will I make a good choice or a bad choice?
- Steps:
 - Stay calm. Take a deep breath and count to 5.
 - Look at the person.
 - Say o.k.
 - Do it now.
- Now, I just need to actually do it.
- Then, I give myself credit for doing a good job.

Use the "Following Directions and Listening" game to reinforce the steps described above.

Use the included large poster/handout to help students understand and remember the steps for this skill.

Use the included "Remember to Breathe" cut-outs to help students remember how to keep their cool when feeling frustrated.

ROLE PLAYING

- Play a game of "Teacher Says..." as outlined on the next page.
- It's time to put away our books and line up at the door.
- We need to move from our desks to the carpet area.
- The teacher says we have to go to lunch at a different time today.
- An adult tells me to throw away the garbage around my desk, even though I don't want to.
- The teacher says it's time to line up quietly to go to music, but I feel like talking.
- Other scenarios relevant to students.

MCKINLEY ELEMENTARY

CORRESPONDING SOCIAL STORY

We go to school to learn. Our number one job is to be the best student we can be so that we can learn as much as we can. An important thing we can do to be the best student we can be is listen to and follow directions the first time they are given. Sometimes we won't want to follow the directions we're given. Sometimes we'd rather do something else. As long as the direction is safe and given by someone we know and trust, it's okay to follow the direction right away...even if we don't want to. We know that we'll have a little more freedom to choose what we want to do when we're not in school. But it's still important to follow the directions of the adults who care about us at home, too. Following directions the first time they're given is one very important way of being happy and successful at school!

MODELING

- 1. Ignoring Distractions video on YouTube.
- 2. <u>Puppies Video</u> on YouTube.
- Teacher demonstrates the Stop & Think process and the specific skill of waiting for your turn. Any number of role playing scenarios can be used from the list below. The students are asked to provide feedback on how well the teacher met each of the steps for this skill.

Use the sample role playing ideas below to practice.

PERFORMANCE FEEDBACK

- The teacher will use additional role playing scenarios for students to practice.
- Students will practice thinking out loud.
- While students practice applying the skill, the teacher will watch for each step and review the ones they did and did not complete successfully.
- Specific feedback will be provided.
- Students will practice again until they successfully complete each step.

Important: If you want students to see a non-example, do not allow them to be involved in the role play. *Only the adult* may demonstrate a non-example.

Following Directions and Listening Game: Teacher Says!

June 19, 2013 By: Megan Sheakoski http://www.coffeecupsandcrayons.com/following-directions-and-listening-game-teacher-says/

The **ability to follow directions**, especially *oral, multi-step* ones, is an important skill. It can also be a difficult skill for kids to master and often requires a lot of practice. Playing games is a great way to work on listening and *Teacher Says!* is a family favorite. This game was originally written for primary age students, but can be adapted for any age.

How to Play Teacher Says!

- 1. Gather a bunch of school supplies and set in the middle of the room to use as props.
- 2. Pick one child to be the first "student" and explain how to play.
- 3. Have the adult be the "teacher" at first until the kids understand the game. Give the "student" a series of 2-4 commands, such as jump two times, put on the backpack, and touch your nose. Start at whatever stage of following directions you think your child is at. You can even say thing like hold the pencil in your left hand to add another dimension to it.
- 4. As you play *model good listening strategies*. Show how to look at the speaker when they are talking, repeat the directions to yourself, don't start until you hear all of the instructions, and picture what you are going to do in your mind to help you remember.
- 5. Continue to take turns with all the kids that are playing, the great thing about this game is that you can easily modify the directions for different age and ability levels. Once the kids understand the game more they can take a turn being the "teacher".

More Ways to Play and Practice Following Directions

Coach Says! Play the same game with sports props. This is a great motivator for sports-loving kids.

Jump in! Play in the pool. Give directions like jump in, swim to the middle and shout Summer!

Build it! Play with blocks or Legos. Tell the kids to build things such as a line with 4 blue pieces.

Pack it! Get out a lunch box and some play food and give kids a short list of foods to pack in their lunches.

FOLLOWING DIRECTIONS THE FIRST TIME

1. Stay calm.



2. Look at the person.



3. Say "O.K."



4. Do it now.



