Following Directions Worksheet

Five kinds of direction - basic, sequential, quantitative, temporal and conditional - at one, two and three steps, with nothing to set up.



MASTERED BY

ASHA places following a two-step direction ("Get the spoon, and put it on the table") in the 19-to-24-month band

ITEMS

150

Name: _____ Date: _____

Following a direction is a listening and memory task as much as a language one. A child has to hold the whole instruction, work out the order, and act - and each extra step or extra concept costs them something. That is why "put the book on the shelf" can succeed while "before you put the book on the shelf, close it" fails, even though the vocabulary is the same.

What to expect: When a two-step direction is too much, the usual result is that only one step gets done - often the last one heard. That is a working memory limit, not defiance, and the giveaway is that both steps succeed when given separately. Directions with concepts inside them (first, before, the big one) are harder again, because the concept has to be decoded while the list is being held.

One step: Basic

One action. The difficulty comes from the attributes piled on it: which hand, how fast, how loud. Read each one once, at a normal speed, and

1. Touch your nose.



2. Clap your hands.



3. Stand up.



4. Point to the door.



5. Tap the desk.



6 Wave at me.



7 Stomp your feet.



8 Blink your eyes.



9 Sit down.



10 Nod your head.



One step: Sequential

Several actions in the order they are given. This is the one people mean by "following directions". Read each one once, at a normal speed, and

11 Walk to the door.



12 Come back to your chair.



13 Push your chair in.



14 Pull your chair out.



15 Stand behind your chair.



16 Sit on the floor.



17 Get back in your chair.



18 Go stand next to me.



19 Walk around the desk.



20 Put your head down on the desk.



One step: Quantitative and spatial

A number or a position word carries the meaning: two, both, top, between, in front of. Read each one once, at a normal speed, and wait - do n

21 Clap two times.



22 Put both hands on the desk.



23 Stand in front of your chair.



24 Put one hand behind your back.



25 Touch the top of your head.



26 Stomp three times.



27 Stand between your chair and the desk.



28 Put your hands under the desk.



29 Hop one time.



30 Point to the bottom of the door.



One step: Temporal

"Before" and "after", moved around the sentence so the order of the words is not the order of the actions. Read each one once, at a normal sp

31 After I clap, stand up.



32 Before I count to three, sit down.



33 After I touch the desk, touch your nose.



34 Before I sit down, wave at me.



35 After I say your name, clap.



36 Before I turn around, stomp your feet.



37 After I knock on the desk, stand up.



38 Before I close my eyes, touch your head.



39 After I blink two times, sit down.



40 Before I put my hands up, put yours up.



One step: Conditional

"If", with "if not". The child has to check something before deciding what to do. Read each one once, at a normal speed, and wait - do not rep

41 If you are wearing shoes, touch your feet.



42 If I am standing, sit down.



43 If you have long hair, touch your hair.



44 If the door is open, point to it.



45 If you are sitting in a chair, stand up.



46 If I clap, you clap.



47 If you have a pocket, put your hand in it.



48 If it is morning, wave at me.



49 If the window is closed, tap the desk.



50 If you can see me, nod your head.



Two steps: Basic

One action. The difficulty comes from the attributes piled on it: which hand, how fast, how loud. Read each one once, at a normal speed, and

51 Touch your nose with one finger.



52 Clap your hands quietly.



53 Stand up slowly.



54 Point to the door with your left hand.



55 Tap the desk with two hands.



56 Wave at me with your right hand.



57 Stomp your feet loudly.



58 Touch your left ear.



59 Sit down without making a sound.



60 Shake your head fast.



Two steps: Sequential

Several actions in the order they are given. This is the one people mean by "following directions". Read each one once, at a normal speed, and

61 First stand up, then push your chair in.



62 Touch the desk, then touch the chair.



63 Walk to the door and then come back.



64 Clap once, then sit down.



65 Stand behind your chair, then sit in it.



66 Turn around, then touch your toes.



67 Pat your head, then pat the desk.



68 Wave at me, then fold your arms.



69 Stomp your feet, then freeze.



70 Point to the ceiling, then point to the floor.



Two steps: Quantitative and spatial

A number or a position word carries the meaning: two, both, top, between, in front of. Read each one once, at a normal speed, and wait - do n

71 Clap two times and stomp one time.



72 Put both hands on the desk, then one hand on your head.



73 Stand behind your chair and put one hand on top of it.



74 Touch the top of the desk and then the bottom of your chair.



75 Hop two times toward the door.



76 Put one hand under the desk and the other on top.



77 Touch your first finger, not your last finger.



78 Stand next to me, then step in front of me.



79 Tap the desk three times with two fingers.



80 Wave with both hands, then wave with only one.



Two steps: Temporal

"Before" and "after", moved around the sentence so the order of the words is not the order of the actions. Read each one once, at a normal sp

81 Clap before you sit down.



82 After you stand up, touch the door.



83 Before you touch your toes, touch your head.



84 Touch the desk after you touch the chair.



85 Wave at me before you turn around.



86 After you push in your chair, walk to the door.



87 Stomp your feet before you clap.



88 Sit down after you spin around.



89 Before you fold your arms, tap the desk.



90 Touch your knees after you touch your shoulders.



Two steps: Conditional

"If", with "if not". The child has to check something before deciding what to do. Read each one once, at a normal speed, and wait - do not rep

91 If you are wearing shoes, touch your feet. If not, touch your knees.



92 If I am standing, sit down. If I am sitting, stand up.



93 If you have short sleeves, wave. If you have long sleeves, clap.



94 If the door is open, walk to it. If it is closed, stay in your chair.



95 If I raise my hand, hop. If I do not, stomp.



96 If your chair has arms, touch them. If not, touch the seat.



97 If you can see a window, point to it. If not, point to the door.



98 If I say your name, stand up. If I say a different name, do nothing.



99 If you are older than three, clap three times. If not, clap one time.



100 If my hands are behind my back, sit on the floor. If not, stay in your chair.



Three steps: Basic

One action. The difficulty comes from the attributes piled on it: which hand, how fast, how loud. Read each one once, at a normal speed, and

101 Touch your nose with one finger on your left hand.



102 Clap your hands quietly above your head.



103 Stand up slowly with your hands on your hips.



104 Point to the door with your right hand while you smile.



105 Tap the desk softly with two fingers.



106 Wave at me with both hands, high in the air.



107 Stomp your right foot loudly three times.



108 Touch your left ear with your right hand, slowly.



109 Sit down quietly and fold your arms.



110 Turn around slowly with your eyes closed.



Three steps: Sequential

Several actions in the order they are given. This is the one people mean by "following directions". Read each one once, at a normal speed, and

111 Stand up, walk to the door, and come back to your chair.



112 Touch your head, touch your knees, and then touch your toes.



113 Clap your hands, stomp your feet, and sit down.



114 Push in your chair, walk around the desk, and sit back down.



115 Point to the window, point to the door, and then point to me.



116 Wave at me, turn around, and then sit on the floor.



117 Tap the desk, tap your knee, and tap your nose.



118 Stand up, stretch your arms up high, and sit down slowly.



119 Hop one time, spin around, and then freeze like a statue.



120 Touch the chair, touch the desk, and then give me a high five.



Three steps: Quantitative and spatial

A number or a position word carries the meaning: two, both, top, between, in front of. Read each one once, at a normal speed, and wait - do n

121 Clap two times, stomp three times, and sit down.



122 Put both hands on the desk, one hand on your head, and then both hands behind your back.



123 Stand behind your chair, step in front of it, and then sit in it.



124 Hop two times, turn around one time, and touch the floor.



125 Put one hand on top of the desk and the other hand under it, then switch.



126 Touch the top of your head, the middle of your tummy, and the bottom of your foot.



127 Take three steps toward the door, then two steps back.



128 Touch every part of the chair except the seat.



129 Stand between me and the door, then walk around the chair twice.



130 Clap with both hands, then with one hand on the desk, then stop.



Three steps: Temporal

"Before" and "after", moved around the sentence so the order of the words is not the order of the actions. Read each one once, at a normal sp

131 Before you sit down, clap two times, and after you sit, fold your arms.



132 After you stand up, touch the desk, but before that, touch your head.



133 Touch your nose, then before you touch your knees, touch your ears.



134 After you walk to the door, come back, and before you sit, wave at me.



135 Before you stomp, clap, and after you stomp, freeze.



136 After you turn around, touch the chair, but touch the desk before you turn.



137 Clap before you stand, then stomp after you stand.



138 Before you push in your chair, tap it three times, then sit on the floor after.



139 Touch your toes after you touch your head, and before that, blink.



140 After you hop, sit down, but before you hop, put your hands on your hips.



Three steps: Conditional

"If", with "if not". The child has to check something before deciding what to do. Read each one once, at a normal speed, and wait - do not rep

141 If you are wearing shoes and I am standing, touch your feet. If not, touch your head.



142 If I clap two times, hop. If I clap one time, sit down. If I do not clap, freeze.



143 If the door is open and the window is closed, walk to the door. If not, stay in your chair.



144 If you have long hair, touch it with your left hand. If not, touch your ear with your right hand.



145 If I am not sitting, put both hands on the desk. If I am sitting, put one hand on your head.



146 If your chair is not blue, push it in. If it is blue, pull it out.



147 If it is not raining and I am smiling, wave with both hands. If not, wave with one.



148 If you can see me and the door is closed, stand up slowly. If not, stand up fast.



149 If I say "apple", clap. If I say "banana", stomp. If I say anything else, do nothing.



150 If you are not wearing a hat and I am not wearing a hat, nod. If either of us has a hat on, shake your head.

