

## Play “Simon Says”

**Outcome:** Children build their listening skills, self-control, ability to pay attention and ability to follow and give instructions.

**Materials Needed:** None.

### How:

You take the role of ‘Simon’ and have your child or children follow simple, fun instructions ... but only if you say “Simon says” first!

- Invite your child or children to stand facing you.
- Encourage them to follow your instructions, but only if you first say the words, “Simon says.”
- For Example:
  - “Simon says ... point to your toes.”
  - “Simon says ... touch your eye.”
  - “Simon says ... touch your elbows.”
  - “Now ... touch your ear”
- Children should follow the first three instructions, but not the last instruction, because for that one you didn’t say “Simon says.”
- Encourage children to take turns being ‘Simon’ and giving instructions to others.

**Extension:** For older children, you can explain the rules of the game where if the instruction does not include “Simon says” and they do the action they are out of the game.