Lessons with Momi

VANGUARD HEROES

Hear It! Say It! Do It!

Following Directions & Working Memory

What's the Big Idea?

Sometimes your brain can hear two directions, but it's hard to remember both. You can give your brain a boost with a simple plan: **HEAR IT! SAY IT! DO IT!**

The 3-Step Plan

HEAR IT! Listen to the directions.

→

SAY IT! Repeat them to yourself.

→

DO IT! Follow each step!

Practice: Two-Step Directions

Read each pair of directions. Check the box after you do both!

- ☐ 1 Touch your head, then clap your hands.
- ☐ 2 Stand up, then sit down.
- ☐ 3 Pick up a pencil, then put it on the table.
- ☐ 4 Take two steps forward, then two steps back.
- ☐ 5 Wave hello, then give a thumbs-up.

My Turn to Plan!

Create your own two-step direction for a family member or friend.

1. _____
2. _____

Self-Check

How did you do? Color a star.

- ☆ I needed some help.
- ☆ I did it with a little practice.
- ☆ I followed both directions on my own!

DIRECTION DETECTIVE

You're building important brain skills!

Practice this strategy at home, at school, and in everyday life. Keep going and earn your Direction Detective badge!

Talk About It!

- Which directions were easy?
- Which were more challenging?
- When might this strategy help you at home or at school?

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Practice & Play!

Games to Build Working Memory

1 Simon Says!



Give two actions to remember, like "touch your nose, then clap your hands."

2 Memory Mission!



Ask your child to bring two objects in order, like "Get the car, then the block."

3 Copy My Pattern!



Make a simple pattern, like "clap, tap your knees," and have them repeat your moves.

Level Up!

Start with one step. Add a step when they're ready!



Create Your Own Challenge!

Fill in two actions, then try it with a family member or friend.

1 _____

2 _____



Remember!

HEAR IT!
Listen to the directions.

SAY IT!
Repeat them to yourself.

DO IT!
Follow each step!



You did it!

You practiced following directions and strengthening your working memory! Keep going, Direction Detective!