



Forest Hide-and-Seek



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Play outdoor hide-and-seek with sound as the clue. Your child listens for a familiar voice, changes direction, and keeps searching until they find you.

Helps Your Child Grow



Perception

Following a hidden person's voice and changing direction as the sound moves helps your child use sensory information to guide movement.

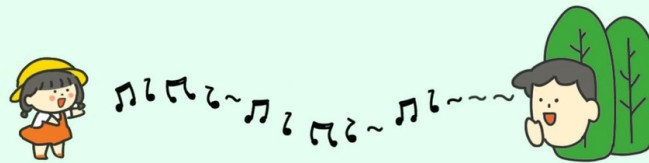


Cognitive Self-Regulation (Executive Functioning)

Keeping track of the voice and continuing the search gives your child practice sustaining attention toward a goal.



Hide-and-Seek Rules



The hidden parent may only sing or call out. Follow the sound to find the right tree.

What You'll Need

1. Introduce the hide-and-seek rules before you begin



Find the Singing Family Member

Explain the game first. Then hide behind a large tree while another caregiver stays with your child. Talk or sing so your child can follow your voice and come find you.

Observations

- ☐ Follows the direction of the song and walks toward it
- ☐ Hears you ask, “Where’s Dad?” and goes to look for him

Tips

- If your child is not sure what to do, ask, “Where’s Dad?” or name the person who is hiding to make the goal clear.
- When your child turns, pauses, or moves after hearing the sound, the caregiver beside them can acknowledge the response and encourage the search.



Where Are They?

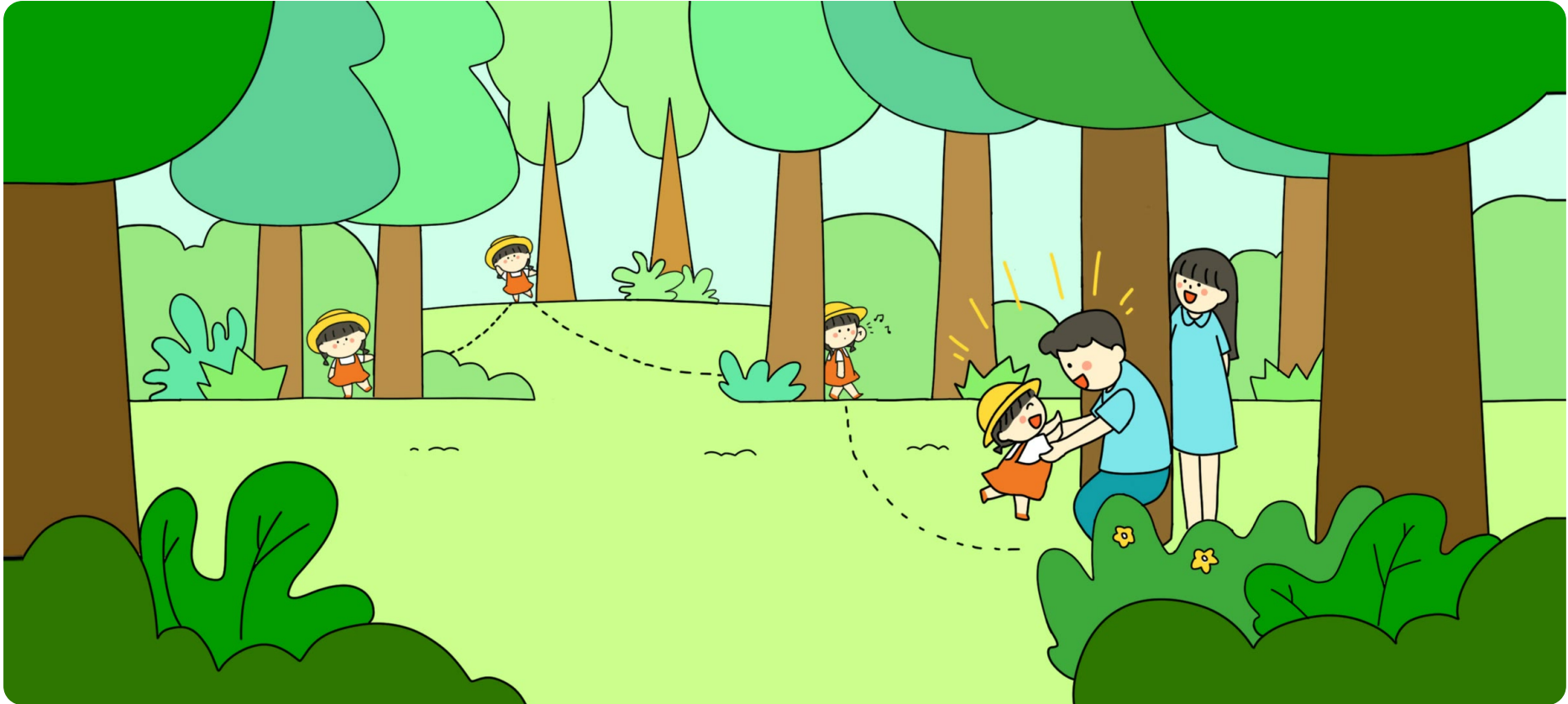
After your child finds you, hide in a new place. This time, move a little farther away and offer fewer sound clues. If your child seems unsure, sing again to help them choose a direction.

Observations

- Changes how they walk to match the surface
- Stays focused during the game

Tips

- If your child searches in the wrong direction, call or sing again. You can move a few quick steps and say, “There’s the song again. You’re getting closer!”
- When the sound stops, wait and give your child a chance to choose a direction before offering the answer.
- Celebrate warmly when your child finds you so the effort ends with a joyful reunion.



Found You!

Notice how your child responds during the search. If they become frustrated, the caregiver beside them can acknowledge the feeling and encourage one more try. When your child finds you, celebrate the reunion together.

Observations

- Follows the sound and continues searching until they find you
- Walks farther into the woods to look for you

Tips

- A small increase in difficulty invites your child to combine sound and movement information and adjust how they search.
- If your child becomes frustrated, acknowledge it first: “It’s hard when you can’t find them.” Then encourage another try.