



Follow My Directions

Listen to the instructions, identify the direction, and reach the small box accurately!

Helps Your Child Grow



Geometry and Spatial Sense

Following and using direction words while changing course helps your child judge where they are in relation to a target and strengthen spatial awareness.



Gross Motor

Walking while blindfolded asks your child to control their steps, shift their weight, and maintain balance.

Steps

- Clear the living-room floor, mark a large square with tape, and gather a toy and a blindfold.
- Explain the mission: "Deliver the toy into the square." For the first round, your child keeps their eyes open, holds the toy outside the square, and faces the same direction as you.
- Give one direction at a time: "Two steps forward. One step left. Stop and put the toy in the square." Let your child move while looking.
- Once the game is familiar, add the blindfold. Wait until your child has fully stopped before giving the next direction.
- Switch roles. Wear the blindfold and ask your child to guide you with words such as forward, back, left, right, and inside. If they say, "Go that way," ask, "Left or right? How many steps?"
- For later rounds, move the square or change the starting point and take turns giving directions.

Tips

- If your child turns the wrong way, wait a moment. When they reach the edge of the room and notice the problem, check left and right together and try again.
- During the blindfolded challenge, have your child walk slowly and stay close enough to guide them around obstacles.

Observations

- ☐ Moves and places the toy in the direction you name
- ☐ Maintains balance and takes steady steps while walking blindfolded