

Learning Skills Activities

FOLLOWING DIRECTIONS

K/1st

Matteo and His Class Follow Directions



Social Emotional Learning

note to the educator

This lesson on **Following Directions** can be used on it's own or as part of larger Learning Skills unit. The activities are truly **developmentally appropriate** for your youngest learners (K/1st) and require zero independent reading.

It's flexibly designed to accommodate any SEL delivery method or schedule.

It was also created using SEL **research-based** best practices:

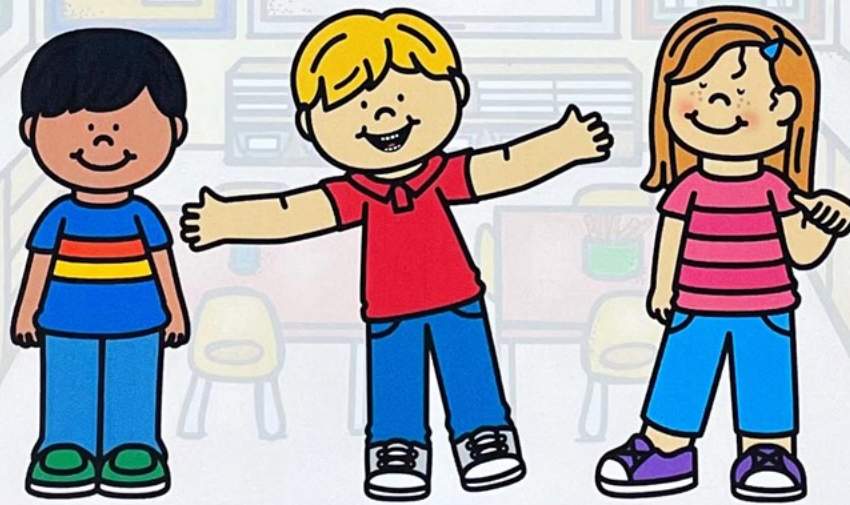
- Focus on 1 or more specific skills
- Includes activities to practice the skill(s)
- Incorporates cooperative learning
- Provides opportunity for self-reflection

resource includes:

- Short story
- Whole group activity
- Small group practice activity
- Closing circle questions
- Extension activity
- Poster/coloring pages
- Recommended book companions

short story


Matteo and His Class Follow Directions



Matteo helps his classmates learn how to follow directions.

short story

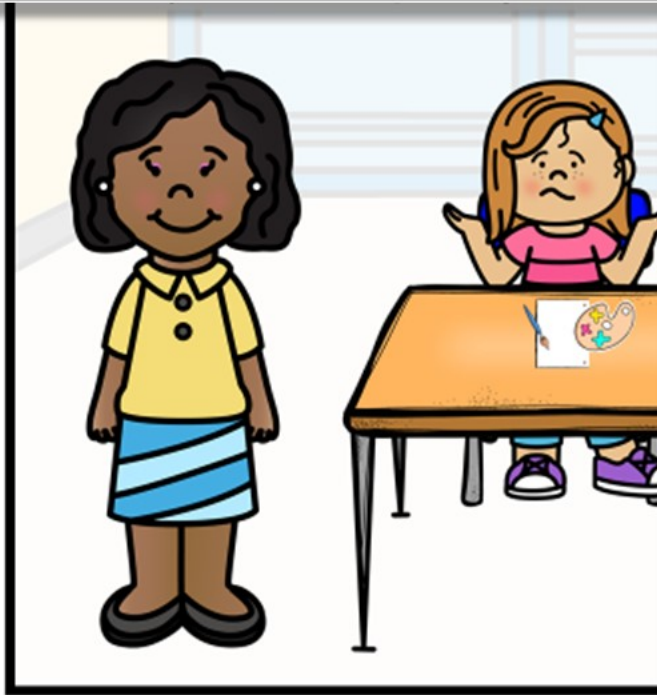
While Ms. Perez was explaining the directions, Matteo stopped and used his good listening skills, then he repeated the directions in his brain:

- 
1. Label
2. Trunks
3. Paint

able as Blake and wanted to help. "Do you want myself follow directions?" asked Matteo to his. Then, I repeat the directions to myself in my member and make sure I know exactly what to get started" Matteo explained.



at Ms. Perez had said. She remembered that sometimes at home, her mom gives her directions she doesn't *want* to do, but that she needs to do anyway. Maybe school was like that sometimes, too. Jordyn decided it wouldn't be so bad to follow Ms. Perez's directions and do things the teacher's way!



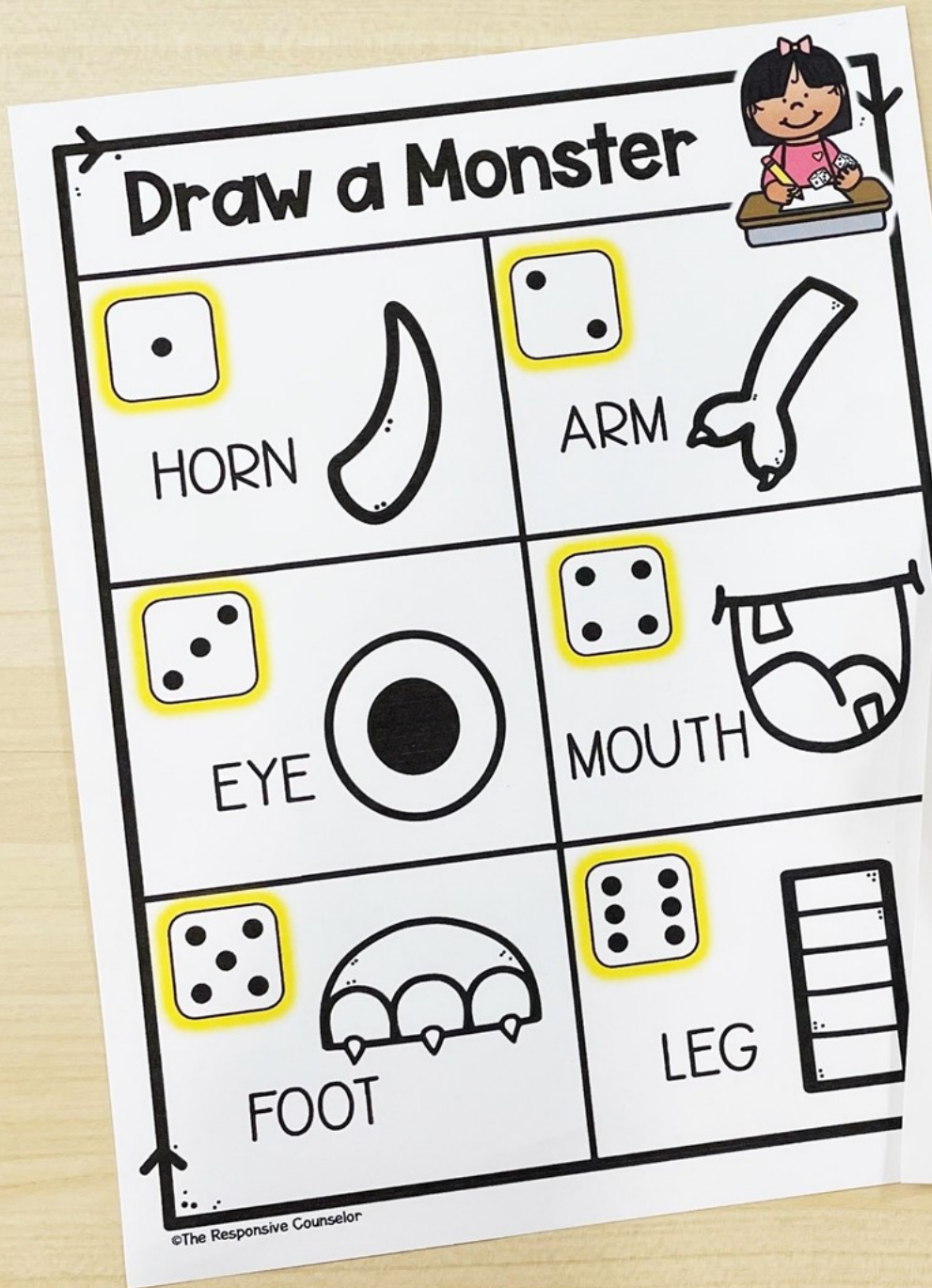
11 pages

whole group activity



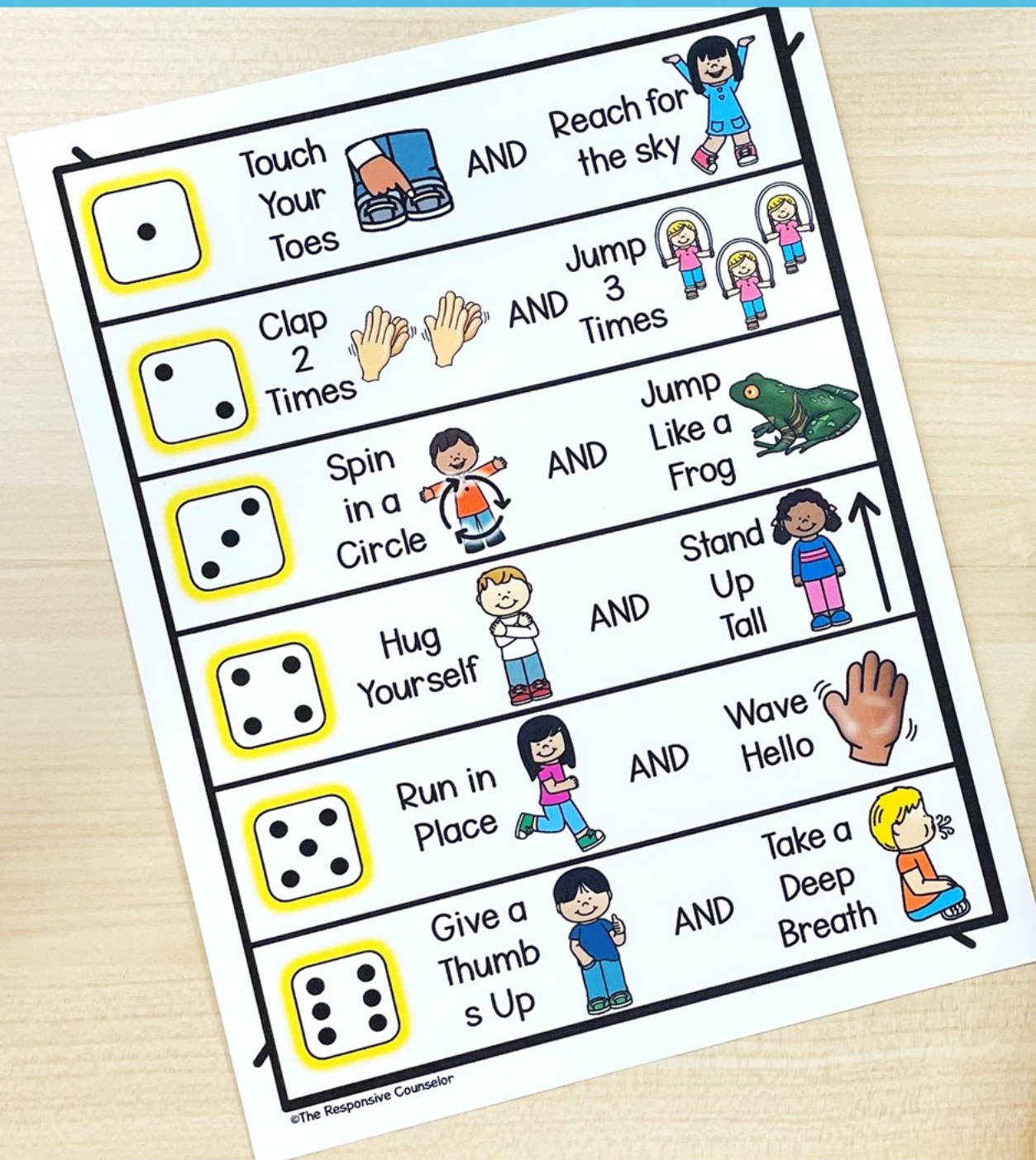
Students practice following classroom directions, and identifying if characters are following directions.

small group activity



Students take turns rolling a die and following the directions to draw a silly monster.

small group activity

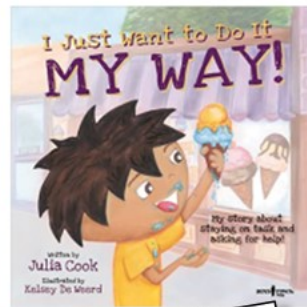
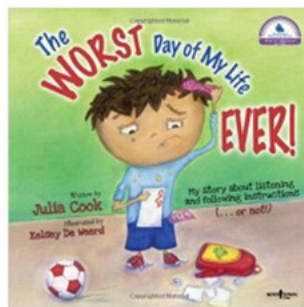


OR Students take turns rolling a die and following the directions for what motions to do.

extensions

Book Companions

This lesson can be used without any stories, but the following picture books would make for great companions. Click on the covers to find them on Amazon.



I can follow directions.



Listen



Say them in
my head



Follow the
directions

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Reinforcing Following Directions

Your students just received a lesson about FOLLOWING DIRECTIONS. Below is an extension and reinforcement activity you can use with your class to make their learning stick!

"Who remembers the important steps to remember when following directions? We are going to practice following directions using just our ears! We are each going to draw a picture that will look almost the exact same when we are done because I am going to be giving you directions on what to draw! For example, I might say 'Use a black crayon to draw a tree'."

What are the three steps we should use when following directions?

- Stop
- Repeat
- Follow

Name: _____

I can follow directions.

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how to use

Use for one lesson or multiple lessons.

Can also be used for small group/tier 2 support.

PACING GUIDE (25-30 minute lesson)

- Story (7-10 minutes)
- Whole group activity (choose just 4-6 scenarios – 5 to 7 minutes)
- Introduce small group activity (5 minutes)
- Small group practice activity (7-10 minutes)
- Closing circle question: (3-5 minutes)

PACING GUIDE (45 minute lesson)

- Same as above, but use all of the cards scenarios for the whole group activity
- Students color the "I can" page
- Read a recommended book companion

PACING GUIDE (super mini lessons, weeklong)

| | |
|-------|---|
| Mon | Read and discuss story |
| Tues | Whole group activity |
| Wed | Small group practice activity |
| Thurs | Extension activity + 1 recommended read aloud |
| Fri | Color "I Can" page + closing circle |

how to use

Love technology?
Use the included
slideshow to guide
the activities.



Want a tech-free
option?
Everything can be
done screen-free
with printables.

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a school counselor from a large southeastern school district with a wonderfully diverse group of students. I create and implement a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. I also share my ideas and resources to reach students and help educators across the world!

Let's
Connect:

