

Simon Says!

The game "Simon Says" is a classic game that helps children learn body awareness, listening skills, memory, thinking and vocabulary skills! All this and its fun! Here are some variations to help build specific skills!



What you need:

- Room to move!
- Use the sample commands below or make up your own

What to do:

1. Review the reminder of how to play "Simon Says", and explain the rules to the children
2. Start as "Simon" yourself and then switch leaders giving everyone a turn at being "Simon"

To play the game, a leader needs to be chosen. This leader is "Simon." The leader then uses "Simon Says commands" that the rest of the players will need to follow. If the leader says a command without first saying "Simon Says" then the children who followed that command are "out".

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Simon Says continued...

Commands to build body awareness, Simon says:

- Point to your toes
- Point to your nose
- Touch both elbows
- Tickle your own armpit
- Bend your knees

Commands for development of Gross Motor skills, Simon says:

- Jump high 3 times
- Run in a circle
- Walk backwards in a straight line
- Do a crazy dance for 10 seconds
- Move like your favorite animal
- Pretend you're a fish and swim around

Commands to improve memory:

- Turn around 2x and clap your hands
- Wiggle your nose and then show your teeth
- Bark like a dog 3x and then sit down
- Jump forward then back then left

Source: <https://bit.ly/3QK9bDg>

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