

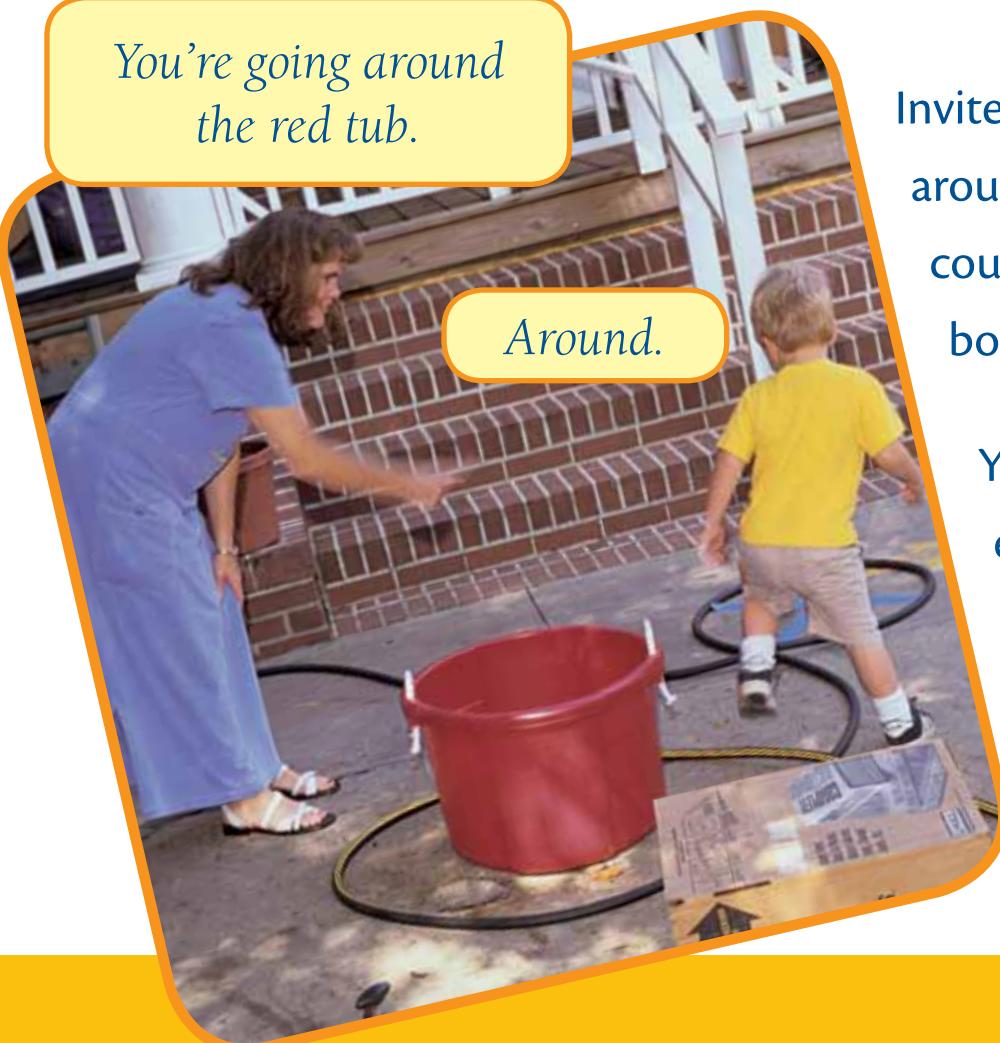
# Move and Say

*You're going around  
the red tub.*

*Around.*

Invite your child to maneuver around a small obstacle course while you describe his body motions.

Your child will gain experience using position words to talk about what he is doing.





## Why this is important

The best way for your child to learn action words is to hear them and say them just at the moment he is engaged in doing them. Performing the actions increases his understanding of positions in space. Knowing the words for spatial relationships increases his understanding of situations and instructions. For example, *Go around the puddle to the car* is quite different from *Go to the car*.

## What you do

- Use a garden hose or rope to mark an interesting path for your child to follow.
- Describe his movements as he moves along the path: *through the box tunnel, under the bench, over the block*.
- Invite him to say the words first with you and then encourage him to describe his position by himself. *Where will you go next?*
- Add new challenges to the path to increase his physical skills. Try incorporating a small plastic lid that he can stand on with one foot or a one-inch wide tape for walking on a line.
- Describe more subtle movements such as *walk next to the box, jump away from the paper, go around the puddle, or tiptoe along the line*.
- Periodically, reposition the obstacles to provide new actions and help him learn new positions.
- Walk him through the path the first time you use the new position words.

### Let's read together!

*Copy Me Copycub*  
by Richard Edwards

### Ready to move on?

Play a game with one rule: Your child must say the word that describes his action as he does it.