

Follow Directions

Thomas knows that following directions is important. Here are some activities that you and your child can do together to learn how to follow directions.

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Make a Sailboat

Use materials such as disposable foam trays and boxes craft sticks, straws and milk cartons to make a boat like the one in this episode. You can make a very simple boat by placing a small ball of craft clay in the middle of a disposable foam tray. Then insert a craft stick or straw into the clay as a mast. Next attach a triangular sail made of construction paper to the mast. Test the sailboat in the bath or small wading pool.

Make a Train

Decorate three or four small rectangular boxes (individual-sized cereal boxes work well) to look like cars on a train. Two boxes may need to be glued together to form the engine. Attach the train cars to each other with string or thread adding a longer length of string to pull the engine. Friends can take turns being the engineer and pulling the train.

Follow a Recipe

Explain the importance of following directions by helping your child follow a recipe to make this tasty fruit salad:

1. 2 apples, cut into bite-size pieces (leave the skin on for colour; remove the core)
2. 3 oranges, peeled and cut into bite-size pieces
3. 1 fresh pineapple, cored and cut into bite-size pieces
4. 1 banana, peeled and cut into bite-size pieces
5. 1 cup orange juice (canned or frozen)
6. Mix all bite-size pieces of fruit in a large bowl. Add orange juice and refrigerate. Children will enjoy eating this healthy treat!
7. If possible, write out the recipe on a piece of poster board or recipe card. Follow the directions while preparing the fruit salad.

"Thomas, May I?"

This is a fun game to play and it will help children understand how to follow the rules of a game. Stand facing your child(ren) about 6 Meters away. "Thomas" calls out moves such as, "You make take three big steps" or "four baby steps." The child must ask, "Thomas, may I?" and receive a response of "Yes, you may" before moving. The child who reaches "Thomas" first then becomes "Thomas" for the next game.