

GOALS: Sequences & Patterns

Copy Movement Patterns
 Follow a Movement Sequence
 Language Concepts:
 forward-side-back
 Copy a Visual Sequence

Skill Development	Instructions	Exercise
<p>Sequences and Patterning (arms only)</p> <p>Copy a Movement Sequence</p> <p>Memory: Remember the Movement Sequence.</p> <p>Verbal-Motor Skills: pair the words (forward-side-back) with the actions.</p>	<ul style="list-style-type: none"> • Stand in the BOX. <p><u>Layering:</u> If your child finds it difficult to follow these directions, print the sheet attached and use as a visual cue to learn the movement sequence.</p> <p>Practice in front of a mirror.</p> <p>Remember to shout out the words as you move.</p> <p>Repeat the movement sequence without the sheet of paper.</p> <p>Repeat the movement sequence with your eyes closed.</p>	<ul style="list-style-type: none"> • Stand like a robot: arms by your sides. Standing tall. • Raise your <u>right arm</u> forwards: say 'forward'. • Bring your arm back to the side of your body. • Raise your arm to the side: say 'side'. • Bring your arm back to the side of your body. • Raise your arm backwards: say 'back'. • Bring your arm back to the side of your body. • <u>Repeat with your left arm.</u> • Raise your arm backwards: say 'back'. • Return your arm to the side of your body. • Raise your arm to the side: say 'side'. • Return your arm to the side of your body. • Raise your right arm forwards: say 'forward'. • Bring your arm back to the side of your body.

Feedback/Notes

- 1. Forward**
- 2. Side**
- 3. Back**
- 4. Back**
- 5. Side**
- 6. Forward**

Skill: Movement Sequence & Patterning