



U.S. Grant PBIS @ Home Lesson

Following Directions

Why is this important?

- To teach children that following directions demonstrates respect toward themselves and others.
- To teach children that there are benefits for following directions as well as consequences for not following directions.

Demonstration and Role Play:

- Discuss the following examples:
 - Your child received a birthday present that required assembly. He/She asked you to help put it together and you told him/her that you would help after dinner. Your child didn't want to wait and decided to try and put it together alone. He/She saw the instruction book but chose to ignore it and tried to put it together without following directions. An hour later your child had broken three of the pieces and was crying.
 - Ask your child what was done incorrectly in this situation.
 - Discuss with your child that following directions, whether written or verbal, usually makes things easier in the long run.
 - Your child loved to go to free swim at the pool. Your child and his/her friends were playing in the pool one day when the lifeguard blew the whistle three times. They knew that the whistle meant all children had to get out of the pool for 10 minutes. They didn't want to get out and procrastinated at doing so.
 - Talk to your child about why there are rules and directions that need to be followed.
 - You asked your child to clean his/her room before playing video games. Your child said okay and did as was asked. You walked by the bedroom an hour later and saw that it was clean and that your child was playing video games.
 - Talk to your child about how happy and proud you would feel.
 - Ask your child if they would like it if you felt that way.
 - Ask your child if he/she would be proud in this situation.
- Discuss or list different kinds of written directions your child will experience - examples: instructions that come with games, directions on homework, etc. What would be the consequences of not reading and following directions?
- Talk about the types of verbal directions your child receives at home and in the community. Share the kinds of directions you as an adult have to follow - examples: traffic, paying bills, work obligations, etc. Discuss what good things come out of following directions. What are some of the consequences of not following directions?

Follow-up:

- Pre-teach giving a direction by saying, "This is a direction. I need you to..."
- Verbally praise your child when he/she follows directions. Occasional rewards can also be given.