

DEVELOPMENTAL DISABILITIES – FOLLOWING DIRECTIONS

A developmental disability occurs when there is a general slowing down in a person's thinking and learning abilities. Following directions may be difficult even for people with a mild developmental disability because they may not learn as quickly or remember as much.

This activity will simulate developmental disabilities by changing some of the everyday words to make it more difficult.

Stand in a circle and name three positions:

Hands in air	=	CAT
Hands on waist	=	DOG
Hands on thighs	=	FISH

Practice each motion a few times.

Then try:

Hands on FISH

Right hand on FISH, left hand on DOG

Right hand on CAT, left hand on DOG

Now give directions without doing them yourself. Complicate them by adding standing one leg, legs together, legs apart, etc.

Discuss:

1. How the girls succeeded, but the exercise took a long time and lots of concentration.
2. What helped them to succeed?
3. How did they feel?