



Follow the Leader

Have children line up in a “choo-choo-train” to play follow the leader. Instruct the “leader” to lead the train to a certain location (e.g., “Leader, take us to the art table!”). For younger children, encourage and guide them to follow each other as best as they can. This does not need to be a perfect line!

To add challenge, call out, “reverse!” and have all children turn around (e.g., the child at the back is the new leader!).

More support: Provide additional time for children to make their way towards a location. Offer gentle guidance, such as a hand to hold.

Promote Autonomy

“Oops, you fell down. I can help you up (*offer a hand to hold*). Let’s keep going!”

“We had to walk around the chair – that was tricky! I saw you move your body so it could squeeze past the chair.”