



Simon Says...

Motor Memory

Directions: Cut the 10 strips out below. Stack the strips with number one on the top. Staple the strips together. Perform action #1. Turn the page. Perform action #1 followed by action #2. Turn the page and without looking back, perform action #1, action #2 and action #3. Continue moving through the actions. Can you remember and perform all 10 actions?

1. Tap your head with both hands 2 times.

2. Touch both hands to your right knee.

3. Jump up 3 times.

4. Reach both arms up high.

5. Go up on your toes, three times.

6. Squat down 2 times.

7. Spin around 1 time.

8. Shake your body.

9. Stomp your feet.

10. Balance on one foot for a count of 3.