

Activity	Left and right		
Key:	Due the various abilities of our children we have graded some of the activities into different levels. Your child may access different levels depending on the activity as well as their ability.	Contact details:	schools@cdssgroup.org.uk
Seeds		All Education Advocates access this email.	
Saplings		Sarah Larkin (Cheshire West) Becky Harris (Cheshire West)	
Trees		Yvonne Edwardson (Cheshire East)	

Brief description of activity

You don't need any special resources for most of these activities. If you have older children you may want to use a map, Google Maps or a sat nav.

The exact process of how we learn our left and right is not totally understood but it is thought it might be linked to the internal self-awareness of the left and right sides of the body (laterality) and the awareness of the body midline (the invisible line that divides our body in half). It's important to first teach left and right using the child's own body before moving onto objects like shoes. It is recommended to not teach both terms together if possible but to use your child's hand and body side dominance as a starting point. If you do not know which side is your child's dominant side you could do these things to see if you can find out

- Ask them to listen into a shell and watch which ear they raise it to
- Ask your child to cross their legs and see which leg they place on top

Learning left and right can be a confusing concept and requires a lot of repetition. Remember when using your own body to demonstrate to always stand next to your child rather than opposite them.

Activity – Seeds, saplings

1. Blow bubbles to the left and right side of your child and ask them to pop them with the opposite hand only. This helps children to learn to cross their midline.
2. Sing the Hokey Pokey as a fun way to introduce the terms left and right.
3. Tickling. Ask your child to raise their right hand and tickle them very gently underneath. Only tickle them on their dominant side.
4. If you are holding hands, gently squeeze their hand and tell them "I'm holding your right hand"

5. Your child will start to connect the gentle tickle and hand squeeze with the term right (or left if that was your child's dominant side)

Moving on to using objects

6. Put half a smiley face inside each of your child's shoes eyes in one, mouth in the other. Help them to learn that once the shoes are positioned correctly, left and right, that the shapes in each shoe will make a smiley face. Alternatively, put a sticker of an animal or favourite TV character on the outside of your child's shoes and tell them that the character needs to be on the outside to see what's happening, if they are on the inside they can't see and your shoes are the wrong way round.

7. When helping your child to dress, always begin with their dominant side for example, "put your right arm in the sleeve", "put your right foot in the sock" etc.

8. Show your child that if they put their hands flat in front of them, palms down with their thumbs touching, the left hand looks like a capital L for LEFT and they can use this to remind themselves if they get confused.

Activity - trees

9. If your child has a large freckle, mole, scar or other feature on one side of their body, this can be a useful reminder to that child of their left or right side.

10. If you are able to go out in the car, put the SAT NAV on and let your child listen as it instructs you to 'turn right' or 'turn left'. Ask them to direct you left and right on a journey around your locality and follow their instructions.

11. Take turns to direct each other around the house or garden to get to a certain spot using only left, right, stop and straight on. Give a reward for getting to the place directed. Make it harder by wearing a hat over the eyes or a blind fold so you have to listen carefully to what is being said.

12. Get out a map and look at directions to a familiar place, write the directions down if you want to, then check on Google Maps to see if it gets you there.

Attachments

N/A

Cheshire Downs Syndrome Support Group

Registered Charity Number 1146127.

Website address: www.cheshiredownssyndrome.com

Phone number: 07518 590300

Support us at : www.justgiving.com/cheshiredownssyndrome/raisemoney